



# Mind matters: A model for mental health awareness and support from the Geological Society of London

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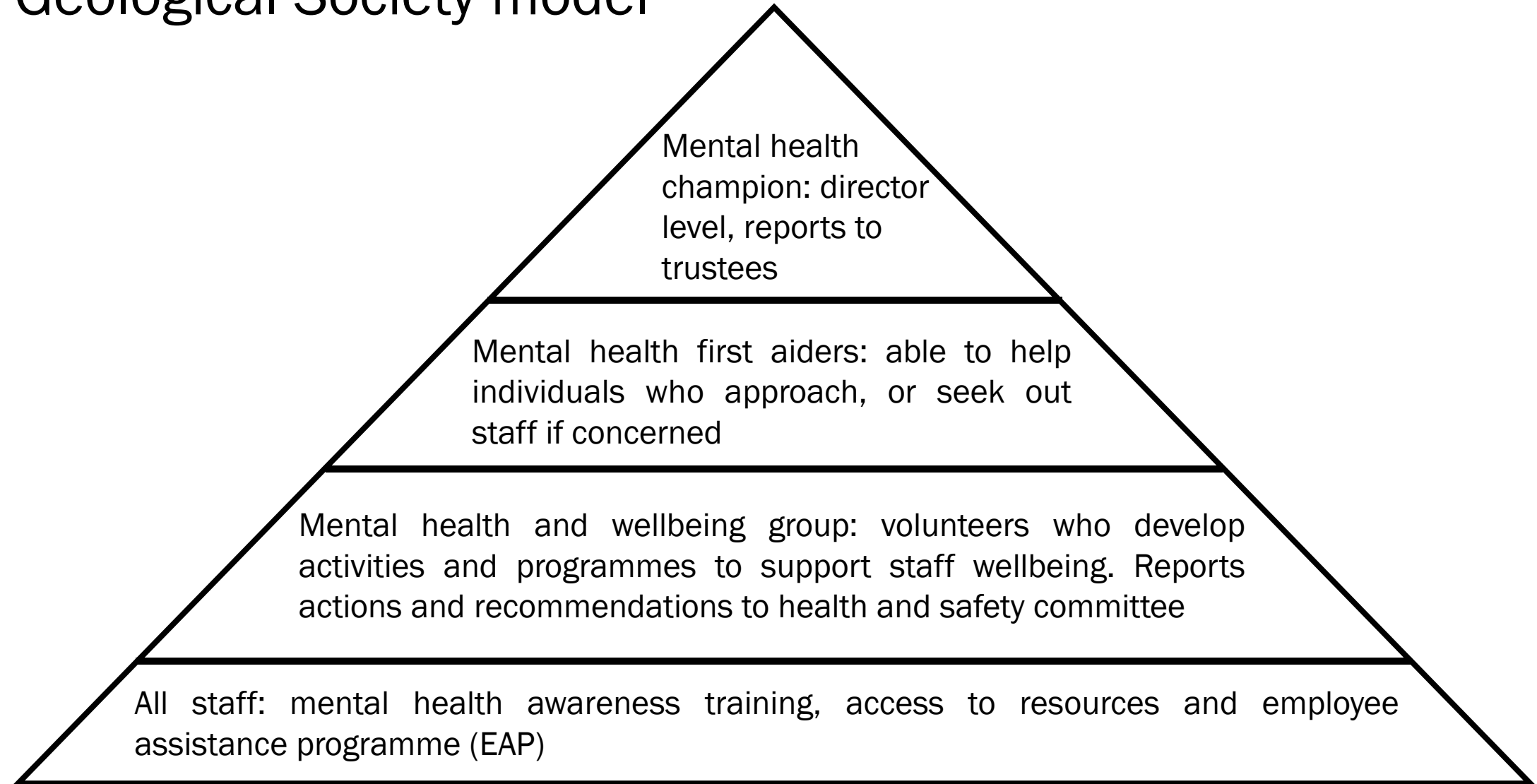
# Why mental health matters

- In the UK, 1 in 4 adults will experience a mental health issue each year and up to 1 in 4 students will seek to access university mental health services during their course
- Academics and postgraduate students are [more likely](#) to experience poor mental health than other working-age cohorts
- Poor mental health is associated with lower productivity and worse [learning outcomes](#), as well as a higher rate of accidents and safety violations.

# Mental health and geology

- Many aspects of work and research in the geosciences can harm mental health, including isolation from family and friends in remote field sites, working with communities that have experienced a natural disaster, and employment insecurity due to volatility in relevant markets.
- Workers in [offshore](#) and [construction-based](#) occupations are more likely to experience mental health conditions.
- But, many aspects can promote mental wellbeing, such as being in the natural environment and working to protect people and the planet.
- The right support can ensure that students and employees reach their full potential and are able to engage with their workplace and community.

# The Geological Society model



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# Benefits and lessons

- Staff members report feeling valued on a personal level.
- Employee survey shows staff care about their own and their colleagues' mental health, and wanted clear policies on mental health and how they can help colleagues.
- Survey identified areas that the mental health and wellbeing group and the senior leadership team can support, such as protected lunch hours and encouragement of work-life balance.
- Survey also revealed areas that Society can provide information and support, such as resilience, managing stress, conflict resolution, and communicating mental health concerns.
- Society was ready to provide support to workers affected by the COVID-19 lockdown and switch to remote working.