

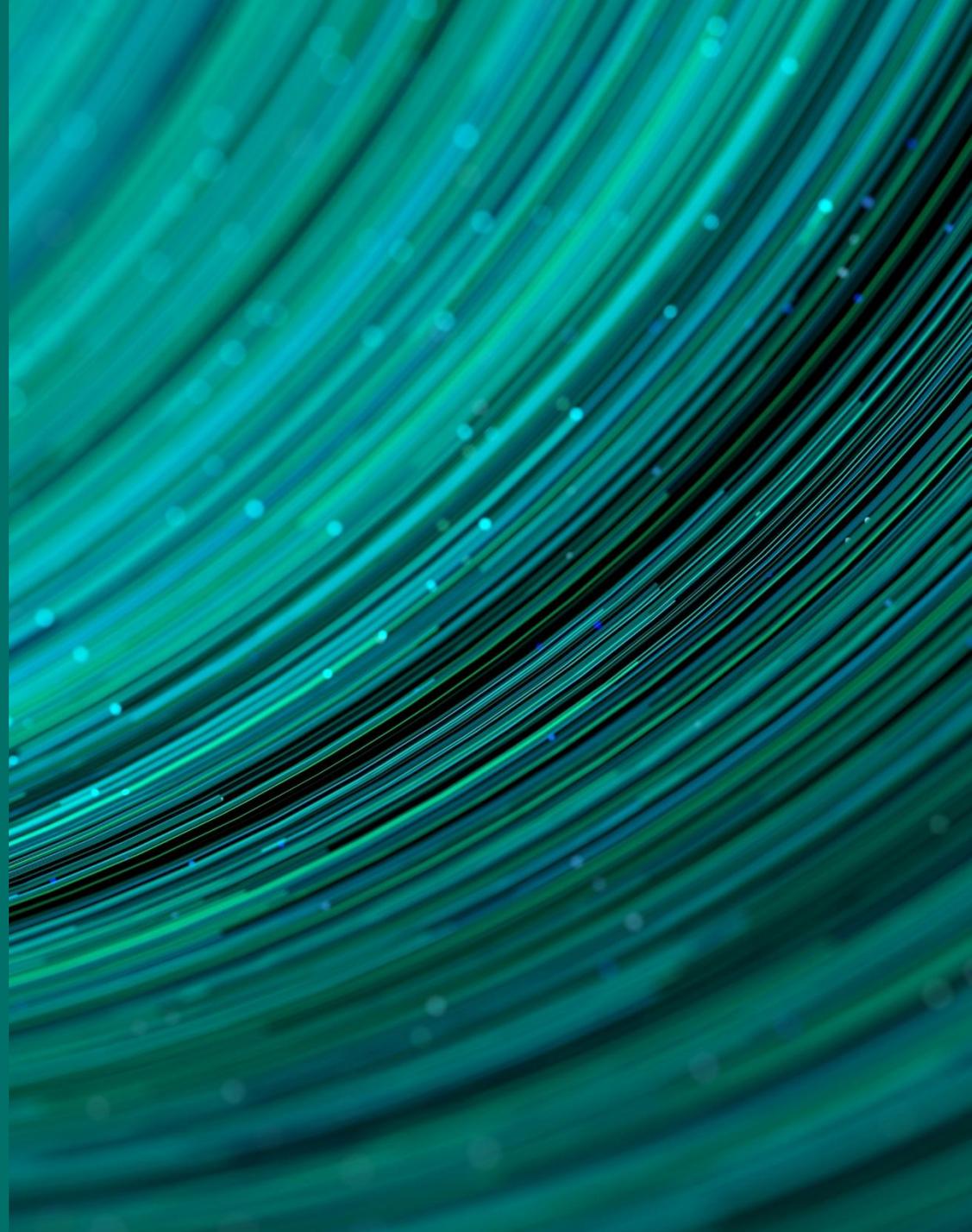
wood.

Mental Health In Energy

A Journey of Collaboration, Courage &
Culture Change

Ann McCreath

Feb'26



**The moment
everything shifted**

Why this matters



Gathering the voices

HR

Senior
Leadership

Marketing &
Communications

Clinicians

Growth &
Development

HSE



Changing minds: saving lives

An urgent new approach to mental health
in the North Sea.



THE CHARTER

The purpose of the charter is to create a shared framework that organisations can adopt throughout the industry, forming a universal, joined up approach using key learnings and sharing them with our peers.

We are committed to driving change in the industry
and believe this charter will help achieve this.



Initiate a company and industry-wide cultural change



Demonstrate transparency and accountability through internal and external reporting



Build mental health and well-being awareness among employees



Foster effective people management



Encourage open conversations and provide employees safe psychological space



Provide comprehensive training



Give mental health and well-being the same high priority as physical health



Offer customised mental health support and guidance



Routinely monitor mental health and well-being



Sharing best practices

2021 - Date



Our Mental Health & Wellbeing Journey at Wood

NEW

Introducing our Mental Health & Wellbeing Champion Lanyards.

Look out for colleagues wearing the Mental Health & Wellbeing Champion Lanyard - they are trained and ready to support you. Whether you need someone to talk to or advice on mental health resources, our champions are here to help.



#ChampioningOurChampions

wood.

Celebrating our Mental Health & Wellbeing Champions.

Global Mental Health Day - Thursday 10th October!

The key theme for this year is 'prioritising mental health in the workplace'. What better way to celebrate, than to raise the profile of each and every one of our amazing global mental health and wellbeing champions who play a key role, in helping us prioritise this.

Look out for communications being posted across VIVA engage.

#ChampioningOurChampions



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2026

Health Protection Calendar



Prepare



Engage



Intervene

To get more information on each World Health Day, click [here](#).

January

Whether working in the northern or southern hemisphere, know your risk factors when working outdoors:

[Cold Exposure Fact Sheet](#)

Learn more by signing up for [Thermal Hazards e-learning](#) in Oracle People.

February

Feb 4
[World Cancer Day](#)

Feb 17
[Travel Health & Immunization Awareness Day](#)

Why not [sign up](#) to become a Wellbeing Champion.

March

Mar 3
[World Hearing Day](#)

Mar 12
[World Kidney Day](#)

Mar 14
[World Sleep Day](#)

Learn More About Sleep:

[Advice On Sleep](#)
[Sleep Hygiene](#)

Mar 16-22
Neurodiversity Celebration

Sign up for the [Noise e-learning](#) in Oracle People.



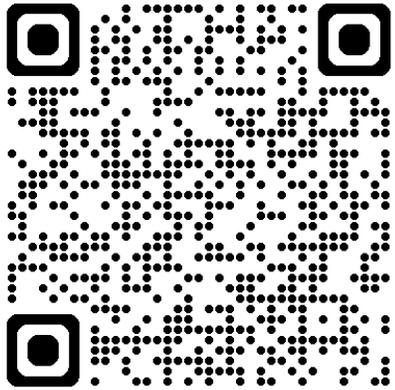
Closing Reflection

“

What things do you start, stop or avoid doing when life gets challenging?

”

Connect



Any
Questions?