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Help in Mind at FEP

Staff at Fife Ethylene Plant have been looking out for each other's mental welfare in the run up to World Mental Health Day today – Monday the 10th of October.

Around 20 members of staff have received training in mental health awareness and help to enable them to become Mental Health First Aiders at the Mossmorran site.

And they are available around the clock to help their fellow workers in times of stress or simply to lend a listening ear if they are feeling a bit low.

The Mental Health First Aiders scheme is being rolled out across ExxonMobil and Esso sites around the globe to offer some extra assistance at a time when mental health is being seen as important as physical health.

Each of those who put themselves forward to take part in the project have received two training sessions including how they and others in their teams can help when someone approaches them, and where to point anyone requiring some expert help to.

Chris Kane, Optimisation Engineer and Product Quality Lead at FEP, is one of those who has recently become a Mental Health First Aider.

He said: "The 'first aid for mental health' training course delivered by St Andrews First Aid taught me about different mental health conditions and how to identify signs that someone could be suffering from poor mental health.

"It equipped me with skills and resources that enable me to start conversations and direct people towards the right support where proper trained medical advice can be given.

"I feel that this course will be beneficial to FEP as it starts to normalise discussion and awareness of mental health, gives people skills and confidence to have difficult conversations and to apply non-judgemental listening."

Martin Burrell, plant manager at FEP, said: "The mental health of our staff is vitally important and these Mental Health First Aiders will be a valuable addition to ensuring that everyone who needs some help or advice knows who they can turn to in order to get it."