

## Staff and Learners' Mental Wellbeing Commission



Earlier this year HEE launched a Commission on the wellbeing and mental health of staff and learners in the NHS. In its first phase, the Commission has reviewed the published literature around workplace wellbeing for students, apprentices and trainees who will form the future NHS workforce, and for the people who are already part of that workforce.

We want to be clear about the true extent and nature of the problems that exist, and hear evidence of what works well or can best be done to ensure NHS staff and learners are happy and fulfilled in their work.

We know that some learners and staff experience the very opposite of this ideal. Stress, exhaustion, anxiety, the absence of or a reluctance to ask for help and support, and many other factors, can all undermine mental health. And it is a profoundly distressing fact that this can sometimes lead to suicide.

The Commission want to hear directly from individuals and organisations with the knowledge and experience to inform our thinking and to help us develop recommendations for improvement that will be published as part of the Commission report at the end of the year.

To have your say, visit the stakeholder engagement forum [website](#).

For all other communications, please email us at [wellbeingcommission@hee.nhs.uk](mailto:wellbeingcommission@hee.nhs.uk)

Health Education England (HEE) is part of the NHS. It works across England to support the delivery of healthcare and health improvement to patients by ensuring that the workforce of today and tomorrow has the right numbers, skills, values and behaviours.

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