

# Legal & General committed to finding tech solutions to mental health

- FTSE 100 insurer is hosting a roundtable event in partnership with the City Mental Health Alliance
- Event comes as part of Legal & General's commitment to addressing mental health in the workplace

Legal & General is hosting a roundtable event in partnership with the City Mental Health Alliance, a not for profit alliance of organisations which work together to eradicate the stigma of mental health in the workplace. The roundtable comes as part of the FTSE 100 company's commitment to raising awareness about mental health issues in the workplace and to press the role technology can play in tackling the mental health challenge.

The event will take place on World Mental Health Day and will be hosted by Nigel Wilson, CEO of Legal & General. It will include a debate on the potential sources of innovation and technology that could be used to tackle mental health, how businesses can most effectively tap into this tech and what skills they need to make progress in this area. The insurer wants to raise awareness about the opportunities and challenges of using technology to address mental health issues faced by employees in the workplace, and to identify new approaches to finding tech solutions that can help address mental health.

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*“We are delighted to be hosting this event which brings together two very important issues: mental health and technology. Last year’s Stevenson/Farmer’s Thriving at Work report highlighted the huge cost of mental ill-health to businesses, and whilst steps have been made to address this much more needs to be done to both raise awareness and tackle the stigma. Technology is revolutionising business and broader society, so it’s vital that we find ways to harness technological advances for mental health solutions. There is a huge need for innovative, fresh ideas and through our roundtable event with the City Mental Health Alliance, we hope to move this debate forward and collaborate with other business leaders and mental health experts to find technology-based solutions that can help to tackle mental ill-health.”*

**Nigel Wilson, CEO, Legal & General**

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The event comes ahead of Legal & General's Not A Red Card Forum on 30th October, bringing together renowned sporting personalities, business leaders and mental health experts to discuss the importance of mental health awareness in the workplace. Attendees will be able to hear from a range of speakers about the

significance of having open discussions around mental health, as well as practical guidance and resources which can be used to take action to support employees in times of hardship.

The insurer will also be announcing the winners of its inaugural mental health awards at its forum, which aims to celebrate businesses who have developed and implemented best practices around addressing mental health in the workplace.

### Notes to Editors

The information contained in this press release is intended solely for journalists and should not be relied upon by private investors or any other persons to make financial decisions.

### About Legal & General

The Legal & General Group, established in 1836, is one of the UK's leading financial services companies. As at 31 December 2017, the total value of assets across the group was £983.3 billion, including derivative assets. We also had over 9.5 million customers in the UK for our life assurance, pensions, investments and general insurance plans.

We're a leading provider of Group Protection cover in the UK with over 85 years of expertise and knowledge. We looked after 4,500 group protection policies and provided protection to around two million employees at the end of 2017.

### Further information



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