



bp employees mental health support

Plamena Stefanova, HSE&C Advisor, bp Russia

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Our resources

- bp Group Health professionals



- EAP (Employee Assistance Programme) delivered by ICAS Co.



- Allianz Insurance Co.



- MindUp Center





What has been done so far

Date	Session	Status	Provider
9-Mar-22	Mental Health session # 1 by bp chief psychologist	Done	bp internal
14-Mar-22	Mental Health session # 2 by bp chief psychologist	Done	bp internal
24-Mar-22	EAP awareness session	Done	ICAS (EAP)
30-Mar-22	"How to deal with stress and anxiety in time of uncertainty"	Done	ICAS (EAP)
6-Apr-22	Exercises and practices to manage stress and anxiety	Done	ICAS (EAP)
13-Apr-22	How to maintain mental stability in difficult conversations\meetings	Done	ICAS (EAP)
15-Apr-22	Dealing with sleeping disorders	Done	Allianz
17-May-22	Start of the 8 weeks MBSR (Mindfulness-Based Stress Reduction) program	Started	MindUp Center

Employee Assistance Programme (EAP)



24/7/365
personal
support line



Practical
information,
emotional
support,
coaching



Personal and
work-related
challenges



Confidential



Face to Face
Contracted
telephone
or Online
Counselling/
Coaching



In the
moment
counselling
(Chat or
Telephone)



In the
moment
counselling
(Chat or
Telephone)

Life Management Services



General Services

- General legal information



Family Care

- Parenting
- Young people
- Eldercare



Financial

- General information from an Independent Financial Advisor



MBSR (Mindfulness-Based Stress Reduction) course

What is the program about

- *The MBSR Course* is a consistent, intensive program for adults to reduce stress and increase awareness in daily life. It is based on the concept of "mindfulness" - a more accurate understanding of the processes that are happening in the mind and understanding of one's own patterns of psychological reactions to external and internal stimuli.

Course structure

- The long-term mental health course consists of 12 consecutive sessions (once a week). Classes are held in groups.

The course includes

- Brief theoretical lectures on the topic of the session, interactive discussion, exercises on the topic, practices (new and basic techniques, sharing after practice, questions and answers, daily reflective journaling by participants, constant access to the group chat, access to feedback and support of the trainer.



MBSR (Mindfulness-Based Stress Reduction) course

How is it going

- *bp in Russia are the first to be provided with this opportunity*
- *Sessions are delivered in Russian by Russian specialists*
- *Sessions started on the w\c May 16th*
- *3 groups (up to 20 people)*
- *Sessions allowed to be held during working hours (choice of the group)*
- *Tests offered (voluntarily) to measure the course efficiency*
- *Positive initial feedback*

Contacts



- **Plamena Stefanova, HSE&C Advisor for bp Russia**

Plamena.Stefanova@ec1.bp.com

+7 985 169 72 10

- **ICAS World**

<https://icasworld.com>

+44 (0) 203 866 1650

contact@icasworld.com

- **MindUp Center**

<https://mindup.center/>

+7 929 508 04 55

Thank you!

Happy to answer your questions.