



We're supporting
Mind this Mental
Health Awareness Week

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Allianz hosts virtual employee events for Mental Health Awareness Week

Allianz Insurance has been holding a series of virtual events for employees to promote Mental Health Awareness Week and raise funds for charity partner Mind – the mental health charity.

The programme of activity was designed to help employees find new ways of looking after their mental and physical wellbeing. All proceeds raised

during the week will be donated to Allianz's 'Fundraising for the Frontline' campaign, supporting Mind's Blue Light programme for frontline workers during Covid-19 and other mental health services around the UK.

The events kicked off with 'Motivational Monday', where 1000 employees took part in a lunchtime exercise class, hosted by world leading health and wellbeing coach, Mr Motivator. Events also included an online yoga exercise class and a Q+A with Paralympian Jonnie Peacock about mental health and resilience.

Allianz also created wellbeing resources for employees to use at home, including mindful colouring packs and a music playlist designed to give employees tools to aid their personal mental wellbeing.

This month Allianz has also been running its 'Stronger Together' campaign so that employees can keep active, stay motivated and feel part of a team. Using the Challengize App teams can compete for prizes by logging their fitness activities, whilst earning charity points and raising funds for Mind. Allianz is aiming to raise £50,000 for Mind through the employee activities.

There are also various mini challenges which offer extra charity points, including a 'May Marathon', where employees can fundraise by completing 26.2 miles of activities during the month.

Allianz is also providing mental health resources on its dedicated Coronavirus (Covid-19) [Resource Hub](#), which hosts a wealth of information to assist brokers and customers in managing various aspects of their businesses through the pandemic. It contains useful advice and links for supporting employees with their mental health and wellbeing whilst working remotely.

Carolyn Rich, head of brand management and social responsibility, Allianz Insurance, said:

"In the current environment it has never been more important for us all to look after our mental health, so I am delighted that we've had such a fantastic response to our virtual employee events during Mental Health Awareness Week.

"Building on our existing employee wellbeing programme is a priority for us all year round and our goal is to empower our workforce to become more resilient by giving them the keys to improve their mental health. The fact that we can raise money for Mind and their work to support the mental health of frontline workers at the same time is great."

Emma Ishan, head of corporate partnerships, Mind, said:

"Based on our recent survey with over 10,000 people, we know that one of the most common coping strategies many of us are using during these times is connecting with friends and family online. And for Mental Health

Awareness week, it's more important than ever that we use our time to connect with others. We are proud to see Allianz adapt how they host fundraising and wellbeing initiatives in this new virtual way of working.

“Many of us are worried about coronavirus and how it will affect us and those we love, now and in the future. Thanks to our partnership with Allianz we are able to promote practices for good mental wellbeing such as exercise, crafting and mindfulness activities, we are also sharing information about Mind’s resources and services so employees know where to turn when they need help.”

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About Allianz Insurance

[Allianz Insurance plc](#) is one of the largest general insurers in the UK and part of the Allianz Group.

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