

time to change

let's end mental health discrimination

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ASOS



ASOS
discover fashion online

Sector:

Retail

Date of Pledge:

09/07/2018

About this pledge

We all have Mental Health, that's why at ASOS we believe that caring for our inner self is just as important as our physical self. We're committed to supporting those with mental health conditions and making ASOS a place where mental health is talked about freely and without judgement.

As part of our Time to Change Pledge we want to educate and raise awareness of mental health conditions and encourage people to talk openly about mental health. We have already started this by sharing employee stories, running training sessions and holding events such as 'ASOS Talks Mental Health' – a panel event where we invited some of our charity partners and employees to come along to discuss mental health and share their experiences. This is just the beginning for ASOS and our commitment to raising awareness

of mental health. We want to ensure that everyone has access to the right support and in the next couple of months we will be appointing our very first Mental Health First Aiders as part of our pledge.

We are delighted to be part of ending the stigma surrounding mental health and believe that signing the Time to Change Pledge is a great step towards us achieving this goal.

> Get involved through our partners

> Resources for your workplace

Activities for your workplace

Mental health calendar

Employer Pledge

> **Pledged Employers**

Case study: Good Energy

Case study: Thames Water

Case Study: Astra Security

Case Study: BCS Consulting

Case Study: Baywater Healthcare

Case Study: E.ON

Case Study: Equiniti

Case Study: Laing O'Rourke

Case Study: Lancashire Teaching Hospitals NHS Foundation Trust

Case Study: North Tees and Hartlepool NHS Foundation Trust

Case Study: Riverside

Case Study: SSP Limited

Case Study: Split the Bills

Case Study: The Deep

Case Study: The NHS Counter Fraud Authority

Case Study: User Conversion

Develop your action plan

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