

An introduction to the Blue Light Programme Blueprint Pack

How to use our step-by-step guide to
delivering programme activity

Mind launched the Blue Light Programme in March 2015 with the mission of empowering emergency service employers, employees, new recruits and volunteers to promote and support better mental health, both individually and in the workplace.

Our independent research shows that members of the emergency services are even more at risk of experiencing a mental health problem than the general population, but are less likely to seek support.

Mind's Blue Light Programme provides mental health support for emergency services staff and volunteers from ambulance, fire, police and search and rescue services across England and Wales.

Thousands of staff and volunteers across these services have actively challenged mental health stigma, learned more about mental health and made positive changes in their approach to wellbeing with the support of the Blue Light Programme.

Blue light employers must take responsibility for and prioritise their employees' mental health. Only then can the Blue Light Programme achieve long-term and wide-reaching impact and create lasting change in the emergency services.

With this in mind, we produced a pack of documents that are designed to support blue light services in embedding all of the programme activity in their own workplaces, in a truly sustainable way.

This pack includes:

- The case for support – the evidence
- Blueprint – the step-by-step journey
- Toolkit for emergency services – how to embed Blue Light Programme activity
- Guide for local Minds – how to deliver Blue Light Programme activity.

We recommend that you access the pack in the following order:

1) The case for support

The case for support explains why the Blue Light Programme is important. It sets out the key research, evidence, risks and benefits that blue light services need to consider when delivering local Blue Light Programme activity. The case for support has also been developed to support both blue light services and local Minds to access potential funding opportunities, providing a clear evidence of need that is often required from funding bodies.



2) Blueprint

How to use the blueprint

The blueprint is a visual guide that describes, step by step, the different actions needed to deliver a great service. The Blue Light Programme blueprint can be found [here](#) for emergency services, and on our Open Hub platform for local Minds.

The blueprint is a visual guide that shows how your Blue Light Programme activity might be delivered. The blueprint is designed to be used alongside the toolkit or local Mind guide, which are detailed in the next column. They will guide you through the step-by-step process of embedding Blue Light Programme activity into an emergency service.

While we recommend taking all of the steps and processes set out, we recognise that each service is at a different stage of its journey. It may be the case that a service cannot interact with all parts of the programme activity to begin with. This is absolutely fine. The activities delivered through the Blue Light Programme are designed in a way that enables you to tailor them to suit your needs.

One of our key recommendations is that services try to connect with other services in their area and create a local Blue Light Mental Health Network. Local Minds can support services with this, and facilitate cross-service collaboration and pooling of resources at a time when budgets are tight. You can find out more about the benefits of creating a Blue Light Mental Health Network and what it involves in our toolkit for emergency services or our local Minds guide.

3) Toolkit for emergency services

Aimed at blue light services, the toolkit provides more in-depth information on how to carry out the actions shown in the blueprint. Together with the blueprint, the toolkit will help blue light services that are committed to supporting better mental health for their employees to embed local Blue Light Programme activity in a straightforward and sustainable way.

The blueprint and toolkit bring together what we've learned from delivering years one and two of the programme, our four pilot Blue Light Mental Health Networks, and working together with emergency services that have engaged with the programme since its launch.

The toolkit for blue light services can be found [here](#).

4) Guide for local Minds

We have also developed a guide for local Minds that want to work with and support emergency services in their areas to embed Blue Light Programme activity. This guide will also support local Minds in setting up and leading local Blue Light Mental Health Networks. Whether local Minds have an established relationship with blue light services in their area, or want to develop a new relationship, this guide has been designed for them to use alongside the blueprint and the case for support, and will support them in delivering a sustainable legacy for all Blue Light Programme activity. The guide can be found on our Open Hub platform for local Minds.

Get started on your journey for better mental health in our emergency services now at mind.org.uk/BlueLightBP or on Open Hub



Funding administered by



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