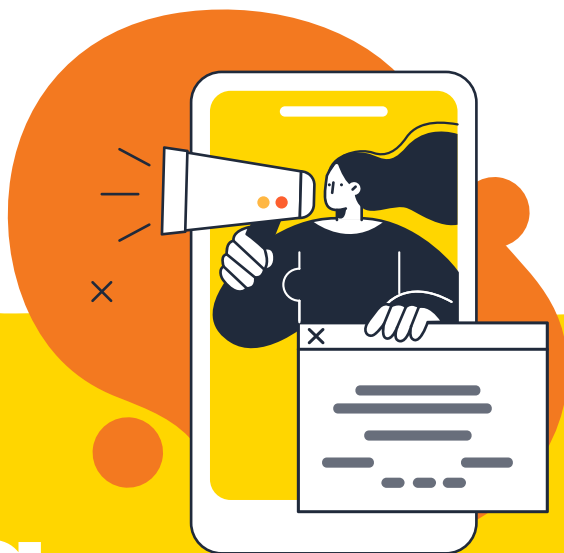




Pieta Amber Flag for Business



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Getting Started

The Pieta Amber Flag for Business

Recognising and promoting mental health is an essential part of creating a safe and healthy workplace. Supportive and responsive organisations understand the needs of their workers and help to break down the stigma and discrimination surrounding mental health and focus on their worker's mental wellbeing.

Inside this booklet you will learn about the benefits and find out how to apply for the Pieta Amber Flag for Business. If you have queries regarding anything outlined in this booklet, please contact our Pieta Amber Flag for Business Team at corporates@pieta.ie



corporates@pieta.ie

Objectives

1.

Promoting positive mental health in your workplace

2.

Enhancing inclusivity through teamwork and social support

3.

Reducing mental health risk factors through increased awareness and education

4.

Improving mental health awareness amongst staff

Registration

Participation cost is dependent on company size. See a full breakdown below.



Number of employees	Workplace contribution
1 – 19	€2,500
20 – 49	€5,000
50 – 99	€10,000
100 +	€15,000

You can register your company for the Pieta Amber Flag for Business through the online form.

Upon payment of participation fees, we will email you a link to your unique SharePoint folder, where you can record your progress. Our team can support your company in registering or offer any further help you may need.

Step-By-Step How To Take Part

Step 1: Create Your Amber Flag Committee

1.

As a participant you will create an Amber Flag Committee in your workplace.

We recommend that your committee includes:

- **Co-ordinator:** this must be a member of staff
- **Committee member:** the team should aim to include staff from a variety of departments

Records of meetings should be kept as evidence of the work of the team.

Your goal as a team should be to promote positive mental health in the workplace and link to the objectives of the Pieta Amber Flag for Business.

Co-ordinator

Committee member



Building Your Roadmap to Wellness

As part of the Amber Flag for Business journey, your team will have the opportunity to meet with a Pieta therapist who will guide you in creating a tailored roadmap for mental health and wellbeing in the workplace.

This dedicated session will help your company identify key priorities, set achievable goals, and put practical steps in place to foster a supportive culture.

Together, we'll ensure your business not only meets the Amber Flag criteria but also strengthens resilience, care, and connection across your organisation.

**Create a tailored
roadmap for
mental health and
wellbeing in the
workplace**



Step 2: Review Your Mental Health Promotion

2.

The Amber Flag Committee will review:

- What is your workplace doing to promote positive mental health?
- What could you do to improve the promotion of positive mental health?

Once formed, the committee must prepare an audit of any existing activities that promote an ethos of positive mental health in the workplace.

What is your workplace doing to promote positive mental health?

What could you do to improve the promotion of positive mental health?



Step 3: Set Your Goals and Objectives

3.

Once your committee have reviewed the existing activities, you will set the goals and objectives for the coming year.

Our team are more than happy to support you throughout the entire process.

The team should identify a minimum of three main goals that support the objectives of the Pieta Amber Flag for Business.

Step 4: Keep Records and Submit Your Progress

4.

Your bespoke SharePoint folder will act as a secure space for you and your committee to save your records and upload any materials from your events (e.g. photos).

Our team are more than happy to support you throughout the entire process.



Step 5: Accreditation

5.

The Amber Flag for Business isn't just a recognition; it's a partnership grounded in expertise. Your business will meet with a Pieta therapist who is fully accredited.

This accreditation means you can be confident your business is guided by a mental health professional with the highest standards of training, practice, and ethics. Our therapists bring years of frontline experience in suicide prevention, workplace wellbeing, resilience, and mental health education.

After your team has uploaded your files, our therapist will review your documentation. When the review is completed and the application is successful, we will award you the Amber Flag for Business.

You will receive a digital certificate as well as a bespoke email signature and Teams background for all employees to use. We will also issue you with an Amber Flag logo for your website and a physical flag for your business premises.

One of our team would be delighted to come to your business to present you with your Amber Flag. Successful participants will have their logo included on the Pieta Amber Flag webpage.

One of our team would be delighted to come to your business to present you with your Amber Flag.



Questions?

Contact Us

If you have queries regarding anything outlined in this booklet, please contact our Pieta Amber Flag for Business Team at corporates@pieta.ie

 [**corporates@pieta.ie**](mailto:corporates@pieta.ie)





The suicide and self-harm
prevention charity

We are Pieta...

The suicide and self-harm prevention charity.
We are here for people in need who are self-harming, struggling with suicidal thoughts, or have lost someone to suicide.

Find out more about what we do and how you can support our lifesaving work at **pieta.ie**

Charity Registration No. CHY16913.

Charities Regulatory Authority No. 20062026.

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