



**Jonathan's Voice**  
Speaking out for mental health

# ANNUAL REPORT

1<sup>st</sup> November 2023 – 31<sup>st</sup> October 2024

The charity was established in 2018 following the tragic suicide of Jonathan McCartney. In 2023-2024 Jonathan's Voice has continued to open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health. We aim to make a positive impact by working in partnership with businesses and other groups to develop a mentally healthy environment where all may thrive. We provide all activities and materials free at the point of delivery but we are dependent on donations for our sustainability. We continued to support the ongoing work of Dr Susie Bennett following the completion of her PhD research into male suicide at the University of Glasgow.

We are very grateful for individual and corporate donations, fund raising activities and legacies. The charity is supported by an Advisory Board drawn from members of the Intellectual Property (IP) profession and beyond. Our work would not be possible without the hard work, enthusiasm and commitment of the team at Jonathan's Voice.




## Improving mental health in workplaces

*Publications, talks and related activities*

**Our main goal over the year was to provide high-quality talks and webinars, supported by evidence-based resources.** These talks and webinars are designed to help individuals to better look after their mental health and wellbeing and to equip organisations to provide the necessary support structures. **Over the course of the year, the charity has delivered in person and on line a range of sessions on mental health to an estimated 1100 individuals.** Feedback indicates that our training is highly regarded. We have developed **a new approach to the training for line managers** to go alongside our revised guide for senior leaders and managers. All training is bespoke, based on the specific needs of the organisation.

"I thought the session was fantastic – very practical and informative for line managers."

Our digital guide for business support staff and those who manage them, specifically created for and with members of the intellectual property profession, is now supported by **audio recordings** to ensure improved accessibility.



**Learn how to manage difficult conversations at work**

[Read more](#)

  
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"Much better than any other training I have received."

We work in partnership with the **Chartered Institute of Patent Attorneys (CIPA)** and the **Chartered Institute of Trade Mark Attorneys (CITMA)** and are regularly invited to have exhibitor stalls at their conferences. Our conference talks reached **over 320 delegates**.



**Jonathan's Voice is recognised by IP Inclusive as the mental health partner of the organisation.**

IP Inclusive is an initiative across the IP sector to make the community more inclusive, diverse, open and fair. We collaborate closely, particularly in the delivery of joint lunchtime webinars of which **five** took place..

Deriving from our objective to support men's mental health in the work place, and in collaboration with IP Inclusive, **we organised two highly successful in-person men's mental health events with expert external speakers, attracting over 70 attendees.**

As part of our focus on early career professionals we gave a presentation to a group of students at **Queen Mary University London** who were enrolled on intellectual property law postgraduate courses. We delivered a talk at the annual **CIPA student conference**, "Starting out in patents; don't journey alone" and provided webinars specific to this groups' needs.

## Raising awareness of mental health issues

### Newsletters, community activities

In the past year, we have continued to focus our social media strategy on X (formerly Twitter) and LinkedIn. **Our reach on LinkedIn has increased by 20% to 880.** The website continues to expand. It hosts **recordings of our webinars**, our **podcasts**, our four mental health **guides** and the **Newsletters**. The audience for the Newsletters, distributed electronically and downloadable via LinkedIn, has also increased. We regularly receive complimentary comments. We are also pleased to have contributed **four articles to professional journals**.

"Fantastic information; Jonathan's Voice is a great charity."

We have had a focus on the use of podcasts and other audio material. We collaborated with EPI (professional body representing all European patent attorneys) to produce a **podcast** on mental health awareness.

Each month around **three blogs** are posted on our website. The content range is wide, from general mental health awareness to information about research and publicising forthcoming webinars.



**Over the year we had more than 20,000 views of our blogs, an increase of 25%.** The posts with the highest number of visits (1044 and 1735 respectively) focussed on the Mental Health Awareness Week theme of **"Moving More for Mental Health"** and on the posts related to **"Time to Talk Day."**

## Supporting research

### Dr S Bennett



We have part funded Dr Bennett's four year PhD research at the **University of Glasgow**, exploring cultural and social factors affecting male suicide and recovery. This year building

on this success we funded Dr Bennett to prepare **a report to assess the need for a training resource** that would share widely her findings with healthcare professionals.

**The recommendations show a strong demand among professionals for training that builds confidence in supporting suicidal men and improves provision of compassionate care.**

The trustees are now assessing the feasibility of implementing the recommendations. We are proud to report that the funding from Jonathan's Voice over a period of 4 years of approximately £20,000 is now having a very significant impact on men's mental health.

## Fundraising

Jonathan's Voice relies on the generous support it receives in donations from individuals, businesses, organised funding raising events and from our corporate partners, **Mewburn Ellis** and **Haseltine Lake Kempner (HLK)**.

Several fund-raising activities contributed significantly to our income. A group of PhD students from the **University of Birmingham** undertook the "3 Peaks Challenge" and raised **£3,366**. **Abel & Imray** who won the annual CITMA charity quiz donated **half their winnings** to Jonathan's Voice. Students from **Trevelyan College, Durham** raised money at their Charity Ball, a group from a **HLK** ran several events in their continuing support of the charity and a team from **Gill Jennings & Every (GJE)** held a sponsored workout on World Suicide Prevention Day.



**The charity is most grateful for these and other individual fundraising activities and also to those who have donated, made regular donations and supported the charity over this last year.**



Such events are an important means of fund raising but also raise awareness in the general public about mental health issues and the stark statistics about suicide.

How we reached our audience 2023-2024

