



# Mental Health Support Initiative for Business Leaders

Lester Aldridge is supporting '[Got Your 6](#)' (GU6), Dorset Chamber's initiative to provide support and build resilience amongst business leaders.

At a time when the pressure of running a business and managing a team is potentially at its most stressful in recent history, GU6 has been developed to provide support for those in leadership roles, whose wellbeing is often ignored or taken for granted.

The initiative has been named after a term used by WW2 fighter pilots where they protected the 'backs' of fellow pilots in formation at the vulnerable rear 'six o'clock' position. Dorset Chamber's service aims to 'have the backs' of those in the business community; member or non-member, who may need some respectful and confidential support.

A team of Chamber board directors, ambassadors and members have qualified as Mental Health First Aiders (donated by Ouch Training) and are ready to take the next step as 'GU6 Champions'. Sharing their knowledge and experience, they all understand the pressures of being a leader and will make themselves available for a relaxed peer to peer chat or for signposting to further help. GU6 Champions can be contacted in complete confidence via messaging within LinkedIn.

As a firm, Lester Aldridge is championing and supporting the initiative to enable wider awareness of the GU6 service and the overall health and wellbeing focus developed by Dorset Chamber, including the forthcoming Fit for the Future Charter. The [Chamber website](#) hosts a growing bank of relevant resources and information, all aimed at helping our business leaders thrive in a difficult time.

[Matthew Barrow](#), Managing Partner at Lester Aldridge, says: "Mental health awareness is something that we are passionate about and the opportunity to support this initiative felt totally right for us. It's such a critical subject to grasp right now. We encourage anyone to reach out and talk to someone if they feel they are struggling. I hope GU6 can provide real support to our local business heroes."