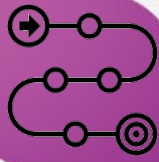


Health & Wellbeing Programme

Fully comprehensive programme incorporating a tried and tested approach, giving clarity on how interventions are working



Accredited Mental Health First Aid training

And continuing ongoing support for those trained



Wellness Calls and Podcasts

For those struggling in the workplace, a call with a Mental Health professional to discuss anxieties and options



Post Trauma Support

TRiM (Trauma Risk Management)



Psychotherapy / Counselling

CBT (Cognitive Behavioural Therapy), EMDR (Eye Movement Desensitisation Reprocessing), Interpersonal Therapy



Return to Work support



Mental Wellbeing Assessments

PHQ-12, PHQ-9 and others



Education

Workshops, Webinars, Lectures, Presentations, Conferences



Stress Audits

Work Positive



Senior Management

Business Case



Please contact us for further information:
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Mental Health & Wellbeing Programme
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