



MENTAL HEALTH & WELLBEING SERVICES

'I have learnt not to be afraid of myself' – **Counselling client**

'Their expertise in the field of Education and Counselling was exceptional; making them not only an excellent lead trainer, but also they have a humanness which came across strongly' – **Staff Training delegate**

'I feel more prone to now allowing myself to take a moment to reflect on my thoughts, feelings and actions before I act.' – **Supervisee**

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We believe that everyone deserves access to wellbeing support and education. We are a leading evidence-based service focused on removing the barriers to mental wellbeing that prevent communities from thriving.

WHO WE WORK WITH?

Our holistic offer allows us to take a needs-led approach to support a wide variety of settings and communities including:

- ▶ Workplaces
- ▶ Charities and community groups
- ▶ Children and young people (e.g. through education or youth services)
- ▶ Families
- ▶ Professionals and mental health networks.

WHAT DO WE OFFER?

CLINICAL SUPPORT

- ▶ Counselling and therapy for ages 5+ (including children, staff and parents or carers)
- ▶ Mentoring and group work
- ▶ Reflective or clinical supervision for staff
- ▶ Mental Health hubs

MENTAL HEALTH TRAINING

- ▶ Basic awareness workshops for all ages
- ▶ Enhanced courses covering a range of specific topics
- ▶ Targeted programmes to support senior leaders
- ▶ Bespoke courses

OTHER WELLBEING SERVICES

- ▶ Room and studio hire for meetings and events
- ▶ Workplace wellbeing consultancy
- ▶ Volunteering and fundraising opportunities