

Workplace Training & Consultancy Services

About us



Mind in Brent, Wandsworth & Westminster is an independent mental health charity, providing mental health support to 10% of London.

We are a leading provider of mental health training and consultancy working with a range of London based clients and their international offices.

We also deliver a wide range of community-based services including housing support, talking therapies, creative therapies, community programmes and children and young peoples services.





Why partner with us?



We run our organisation independently, in a way that meets the needs of the communities we serve.

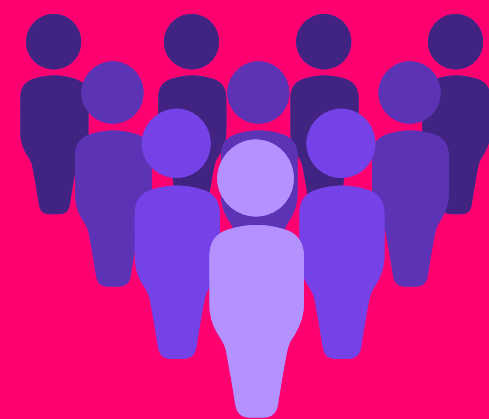


As a Local Mind Association, we are affiliated to National Mind, but responsible for our own funding and local service delivery.



When partnering with us you are supporting improving mental health services in the local community.

Our impact



10,000

**Reached
since
March
2019**

**Delivered online
training to
28
countries**

**Worked with over
50
companies**

**93%
Client
satisfaction**

“ I think the instructors did an excellent job in the delivery of the course. They created a safe space where delicate and sensitive themes can be explored. **”**

“ The course content and practical exercises were very insightful and useful. The instructors were very knowledgeable, thorough, and led the course extremely well. Highly recommended. **”**

“ The workshop helped me to realise I'm not the only one struggling, and that it isn't weird to ask for help. **”**

Past clients include:

 **Mind**
Brent, Wandsworth
and Westminster





We can help your organisation...



- Improve the overall health and wellbeing of your employees
- Increase job satisfaction among employees
- Enhance employee engagement
- Reduce mental health stigma and improve the workplace culture
- Attract new talent and increase staff retention
- Reduce sickness absence and presenteeism
- Improve performance and productivity
- Raise your profile





Our guarantee

We provide quality assurance

- Evidence-based content
- Accredited courses
- Experienced trainers

We adopt a mixed methodology

- Accessible & inclusive presentations
- Interactive exercises
- Delivered face to face, or online

We listen to your needs

- Bespoke programmes
- Diverse subjects
- Integrated approach

1 Lunch & Learn Workshops

Length of Sessions – 1 hour

Our range of lunch and learn workshops are designed to educate, empower and equip your employees with practical tools and tips to look after their mental health and wellbeing.

Topics include:

- 5 Ways to wellbeing
- Wellbeing & Working From Home
- Managing stress & anxiety
- Food & mood
- Power of the breath
- Digital wellbeing
- Sleep hygiene
- Nature and wellbeing
- Preventing burnout
- Frustration & Anger
- Sleep Hygiene
- Suicide Awareness & Prevention

Who is it for?

Suitable for all employees in any type of roles



In these workshops we look at various intersectional identities in the workplace through the lens of mental health. They are designed to help your organisation explore the benefits of having a diverse, inclusive and resilient workforce.

Topics include:

- Women in the workplace
- LGBTQI+ & Allies
- Cultural Isolation
- Special Abilities (Physical and Neurological)
- Generational inclusion/Ageism

Who is it for?

Suitable for all employees in any type of roles



3 Mental Health Awareness for all employees

Length of Sessions – 3 hours

This course aims to help your employees develop a better understanding of mental health in the workplace. It explores how to take positive steps to remove stigma and create a culture where people feel able to talk about it.

Topics include:

- Raise awareness of mental health and common mental health problems
- Highlight stigma and discrimination, and how to tackle them
- Share practical tips for having supportive conversations
- Introduce Wellness Action Plan
- Learn where and how to seek support

Who is it for?

Suitable for all employees in any type of roles



4 Mental Health Awareness for managers

Length of Sessions – 4 hours

This course aims to help your managers develop a better understanding of mental health in the workplace and how to support the wellbeing of individuals and teams.

Topics include:

- Raise awareness of mental health and common mental health problems
- Highlight stigma and discrimination, and how to tackle them
- Outline managerial role in building positive and supportive cultures at work
- Share practical tips for having supportive conversations with employees
- Introduce wellness action plans for line managers
- Learn where and how to seek support

Who is it for?

Suitable for anyone whose role involves managing or supporting people in the workplace.



5 Mental Health First Aid (MHFA)

Length of Sessions –
2 days (face-to-face)
4 x 3 hour sessions (online)

This internationally recognised accredited course will provide your employees the knowledge, skills and understanding to identify symptoms and support those experiencing mental health problems.

Topics include:

- An in-depth understanding of mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of a range of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover by guiding them to further support
- Understanding of how to keep safe while performing the role

Who is it for?

Any employee who has a passion for helping others!



We can support your organisation to create its very own workplace wellbeing strategy with a package made up of your choice of initiatives, these can include:

Topics include:

- Employee wellbeing surveys,
- Formal training courses
- Wellbeing workshops
- Diversity and inclusion workshops
- Employee mental health champion schemes.
- Mental health awareness events,
- HR support and policies
- Private counselling service

We will collaborate with you to create a bespoke programme and can also provide consulting support to help you identify your needs and aspirations.



Corporate Partnerships

Engaging your employees behind a common goal allows you to connect with your workforce, raise morale within your team and attract and retain talent - all whilst helping to directly improve wellbeing services in your local communities.

How can we work together?

1. Fundraise with your employees
2. Donate towards a new service in your borough
3. Contribute a percentage of your sales from a product/service
4. Donate gifts, spaces or experiences
5. Provide your skills and expertise in pro-bono support

By partnering with Mind in BWW you will receive a discount on all training packages. Please contact fundraising@bwwmind.org.uk for more information on our partnerships.



Meet the team:

For more information and to book our services:

 training@bwwmind.org.uk

 www.bwwmind.org.uk

 07710 092811



Tom Acres
(he/him)

Tom is a training consultant and Mental Health First Aid instructor with over 8 years' experience working in a range of mental health settings. Tom is an outdoor enthusiast who feels passionately about the importance of nature connection and its effects on wellbeing.

Tom draws upon these experiences to bring a unique perspective into his deliveries.



Robin Skyer
(they/them)

Robin is a training consultant, facilitator and theatre practitioner. Their work is informed by intersectional approaches to mental health, highlighting the importance of inclusion and person-centred interventions.

Robin is currently studying toward an MSc in Social Research, with a focus on health and wellbeing in the LGBTQIA+ community.



Maneet Relom
(she/her)

Maneet is an experienced psychodynamic psychotherapist specialising in organisational dynamics. She leads the training and consultancy department at Mind in BWW.

Maneet recently developed several national and international workplace training modules looking at employee mental health and wellbeing.



Brent, Wandsworth and Westminster Mind is a registered charity, no. 292708.



Brent, Wandsworth
and Westminster

