



Rethink  
Mental  
Illness.



**Workplace  
mental health  
and training**  
from Rethink Mental Illness

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# Who we are

We're **Rethink Mental Illness**. Our mission is to lead the way to a better quality of life for everyone severely affected by mental illness. This includes people with lived experience, their carers, families and friends.

**Our vision** is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

We train employees, employers and members of the public on how best to support someone affected by mental illness. This work guides our campaigning for the rights of people with mental illness and their carers.

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# From conversation to consultation, we can guide your workplace to better wellbeing

## Conversation

Tell us about your experiences. Through collaboration, our experts will guide you on your wellbeing journey helping you to achieve your strategic goals.



## Connection

You will be connected to a range of wellbeing support solutions including:

- Consultation
- Retainer
- Mental Health Awareness
- Mental Health For Managers
- Mental Health Champions
- Suicide Awareness
- Webinars
- Mental Health First Aid
- Facilitated Peer Support
- Therapeutic Coaching



## Creation

Decide on the programme that best fits your needs and leave the rest to us! We will be with you for as long as you need us and can train and support a network of Champions to continue your great work.







# Our training

## We can help your organisation by providing training on:

- The background knowledge we need to think differently
- Practical ways employees can promote a better culture at all levels of the business
- Frameworks for having supportive conversations with colleagues
- Tools for managers when supporting the wellbeing of direct reports
- How employees can look after themselves



# Our training

## Mental Health Awareness

- Self-care
- Supporting others
- Challenging stigma

3.5 hours remote or 4 hours in person

## Mental Health for Managers

- Self-care as a manager
- The tools to support
- Supportive conversations with direct reports

3.5 hours remote or 4 hours in person

# Our training

## Mental Health Champions

- Mental health awareness
- Boundaries as a Champion
- Action-planning for Champion activities

3.5 hours remote or 4 hours in person

## Webinars

On a range of topics including:

- Managing stress
- Resilience skills

50 minutes, remote

# Our training

## Suicide Awareness

- Suicide and stigma
  - Looking after yourself when helping others
  - Having safe conversations
- 4 hours remote or in person

## Mental Health First Aid

- Created and accredited by Mental Health First Aid England
  - How to help in mental health emergencies
- 2 full days in person or 4x half-day sessions remotely

A photograph of a man and a woman smiling together. The man is holding a blue mug. The image is partially obscured by a large red circular graphic on the right side.

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# Our in-work support

In a more therapeutic capacity, we provide expert facilitators to work through issues with your staff in 121 and/or group settings.



# Our in-work support

## Facilitated Peer Support

Targeting those who, because of their roles, have experienced or are at a higher risk of experiencing traumatic events; or who support others.

Themes from sessions can be fed back to the organisation in an anonymised broad-brush format.

## Therapeutic Coaching

Our coaches are ICF accredited. Coaching is offered on a 1-2-1 basis and can be offered as a short-term or long-term intervention.

Coaching focuses on the present and can support with performance and setting goals whilst the therapeutic element supports with mental health challenges.

# Our in-work support

## Consultation

We will assign a suitably qualified professional to work with you on any wellbeing-related project. We can:

- Review or create policies
- Join and contribute to meetings and other relevant events
- Carry out focus groups
- Gather and analyse data
- And much more

## Retainer

You can retain our services for a fixed day rate on a rolling or fixed-term basis. We will dedicate our services to you and your organisation during this time, helping to drive your wellbeing strategy.



# Get in touch!

**For a quote, full details or to speak to one of the team:**

[training@rethink.org](mailto:training@rethink.org)

0333 222 5878

We look forward to hearing from you!

