

## Why choose North Staffs Mind?

### Quality assured

We are part of the Mind Federation and all of our trainers are qualified and experienced. North Staffs Mind has BACP accreditation. We are proud of the excellent levels of satisfaction from our training clients.

### Evidence based

Our courses are continuously updated using the latest statistics and research to keep them current. They contain anonymised real-life evidence received from trainees in our sessions, and are delivered by experienced trainers, many of whom have even had direct experience of mental health issues personally. We find that this authenticity increases their ability to engage and motivate attendees.

### Flexible delivery

Our training can be delivered remotely, on site at our customers premises or at dedicated conference facility.

### Social responsibility

Being a charity also means that we support the social responsibility aims of organisations, as any surplus we make is used to fund support to even more people in need throughout North Staffordshire



*99.79% of all course attendees who provided feedback over the past 12 months said they would definitely recommend our sessions to others.*



mind  
North Staffs



*“Every year it costs UK businesses £1,300 for every employee whose mental health needs are unsupported”*

[Centreformentalhealth.org.uk](http://Centreformentalhealth.org.uk)

## Mental wellbeing Training for business...

To find out more about our bespoke business services, please call us on **01782 262100** or email us at [reception@nsmind.org.uk](mailto:reception@nsmind.org.uk)

Registered Charity (No 700788)

## Early interventions - A Win Win!

A recent report by Deloitte estimates that poor mental health in the workplace cost UK employers between £53 - £56 billion during 2020-21 – a 25% increase since 2019. The research suggests that the case for employer investment is stronger than ever, with an average £5 return for every £1 spent on wellbeing support (Deloitte, 2022).

At North Staffs Mind we focus on early interventions rather than waiting until more in-depth support is needed. Our training offer for local businesses is focussed on raising awareness of mental wellbeing and enhancing individual and organisational resilience – ultimately aimed at reducing absenteeism, improving productivity and supporting staff retention.

Companies often focus solely on physical health – such as DSE and ergonomic assessments. We complement this approach by supporting the mental wellbeing needs of businesses.

We have over 20 years' experience of providing mental wellbeing support to businesses including those with highly specialised needs such as Blue Light service.

We know that each organisation's culture, needs and aspirations are unique and so work hard to understand the individual needs of our corporate clients.

To have the most sustainable impact we believe mental health training needs to be implemented as part of a 'whole organisation' approach to wellbeing. We are able to offer a range of services and consultancy to develop this approach.



*“69% of UK line managers say that supporting employee wellbeing is a core skill, but only 13% have received mental health training”* Wellbeing.bitc.org.uk

*“What a great way to start our Mental Health and Wellbeing journey!! The Managing Mental Health in the Workplace course was fantastic. It was very well structured and engaging and although this was only a one-day course, it has now provided our employees with the confidence and tools to not only understand the basics of their own personal Mental Health issues, but to have the ability to provide additional support to the rest of the business too.”*

National Vehicle Fleet Management Company



## How our training supports your business and your employees

We offer a range of courses aimed at enhancing resilience and supporting the mental wellbeing of the workforce. We initiate an open, confidential and supportive environment where lived experience, sector case studies and local signposting ensure relevance to every delegate.

As well as our existing courses we are able to develop bespoke content to meet the specific needs of our customers.

Group involvement reduces stigma and develops an individual's understanding of mental health and how to look after their own wellbeing. It also equips employees to recognise when a work colleague is struggling and where to turn to should they, or someone else they know need support.

We also have courses aimed at those responsible for the line management of others. These aim to provide the confidence to have a supportive conversation with them in a workplace context, as well as the skills required to structure and implement a wellbeing plan to benefit all colleagues within their areas of responsibility.

These can support managers by focusing on how to formulate, implement and manage the transition of good mental health and wellbeing practices into the culture of the organisation as a whole.



*“As presenteeism costs three times more than sick leave, we need to look at supporting employers to change the culture so their staff feel able to take time off when they are unwell.”*

Paul Farmer – Former CEO of Mind.