

**LET'S
TALK
MENTAL
HEALTH**

Let's talk
now...

mindmatters

Welcome

to our campaign to make mental health more of a priority in the workplace.

We're supporting employers and employees to get help NOW.

Call us on 0800 389 7320 for more information

mindmatterscounselling.org.uk/letstalkmentalhealth

mindmatters
CORPORATE COUNSELLING

Who Are We?

Mind Matters are providers of workplace counselling services for businesses, organisations and thousands of people throughout the UK.

What Are We Doing?

Prioritising mental health in the workplace is our mission. We're here to make sure anyone in the workplace with a mental health problem has somewhere to turn for support and is able to access help quickly. No hanging around.

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What Is Mental Health?

Mental health affects around one in four people in Britain. It can affect the way you think, feel and behave. It can prevent people from working and can cause stress at work.

There can be a wide range of causes and sometimes labels are attached to mental health problems - for example, depression and anxiety - that lead to individuals to not feel themselves. Triggers such as trauma, loneliness, a death of a relative or friend, stress, caring for a family member or personal health can bring on mental health problems. The effects of these problems can't be underestimated and sometimes can be very serious.

Getting support, and getting support quickly however, can help individuals recover from a mental health problem providing they are given access to effective treatment.

Let's Talk Mental Health, Let's Talk Now

In this document we'll be outlining what Mind Matters can do in the workplace to make sure everyone who experiences a mental health problem can get support quickly.

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A Message from David Leckie

Evidence shows that funding to support mental health has been cut at a time when the cost to the economy of mental health problems has been rising. Estimates are that 70 million working days were lost last year due to mental health and this is a trend that has been increasing. It is believed that mental illness costs the economy between £70bn and £100bn.

The demand for psychological therapies is rising and in spite of these shocking statistics, unfortunately the system is finding it hard to cope. There are long waiting lists for treatment, the norm can be more than three months and in a minority of cases people have waited over a year.

At Mind Matters, we think this is not good enough. We want to provide support that cuts down waiting times and ensures speedy access to support, no matter where people live or work.

Our 'Let's Talk Promise' is a chance to make sure people in the workplace who experience mental health problems are truly supported to recover and stay well. No hanging around.

Get in touch and discuss how we might be able to help your business and your employees.

David Leckie

Founder, Mind Matters



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How We Can Help

Let's Talk Promise

Immediate access to qualified counsellors

Employers and employees will have immediate access to qualified counsellors. No waiting lists and instant appointments available when it matters.

Pay As You Go without any requirement for long term contracts

Our nationwide counselling service is available to companies with as little or as much support as required.



FREE advice on how to access support for your employees

FREE mental health awareness training. Talk to us about your 'in house' events and how we might support you

FREE access to self-help for employees, handy support tools to help your employees

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