



## Mental Health Package for Employers

Many of us are feeling heightened stress and anxiety during this time, as we face changed working circumstances, health concerns, lost social connections, financial pressures and significant questions around the future and our own job security.

*These pressures are real and can be all consuming, at a time when we are potentially being asked to work harder, longer or more flexibly than ever before.*

For these reasons it is vital that organisations focus on supporting the mental health and wellbeing of colleagues who face uncertainty due to the coronavirus pandemic. Employees may have concerns about their job security, or how to cope with working from home, or supporting furloughed staff, and balancing the 'new normal' of blending home life with their working day.

Research consistently shows that **proactive prevention** is always the best solution to mental wellbeing in the workplace and our support is designed to provide businesses with the knowledge and tools to implement strategies that deliver the best outcomes for their people and the organisation. **This support is needed more now than ever.**

### How We Achieve This

Cornerstone with the help of The Family Business Network have developed a package of support designed for businesses that allows them to support and equip their people for achieving mental wellbeing in the workplace, through the following;

#### 1) Bespoke Mental Health Awareness Video

This is to be shared throughout your organisation and includes the following:

- **An introduction to mental health**
- **Identifying signs and symptoms of mental ill health**
- **Risk factors**
- **Self-Care**

This is then followed by one to one coaching as required.

## 2) **One to One Coaching**

The growing evidence-base shows positive outcomes of coaching. Particularly in regard to symptom reduction, enhanced self-management and achievement of personal goals. This is a confidential support service for colleagues that may need support.

### **Who are we?**

**Cornerstone** has been covering the whole of the UK for almost 20 years, delivering one-to-one consultancy for people with disabilities within an employment context, while also delivering Mental Health First Aid, Mental Health Awareness training and coaching. This has been delivered alongside organisations such as Lloyds Banking Group, HSBC, Royal Mail, The Arts Council for England, Eversheds Sutherland and KPMG, among others. Ramin Salehi, the Managing Director is also chairman of a new mental health charity based in Cumbria, called Well Minds – providing mental health support and training.

### **Investment**

- 1) **£495.00 – this includes the Bespoke Mental Health Awareness Video + 3 x 1-1 mental health coaching sessions (half hour).**
- 2) **Further Coaching is available on request, with pricing based on need.**

\*All prices exclude VAT

For more information or to book a package for your business, contact Ramin Salehi on [ramin@cornerstonetraining.co.uk](mailto:ramin@cornerstonetraining.co.uk)