



MINDFUL EMPLOYER

Positive About Mental Health

Our Services ►

www.mindfulemployer.dpt.nhs.uk

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Clinical Expertise

Adapted for your workplace



NHS

Devon Partnership
NHS Trust

About MINDFUL EMPLOYER®

At MINDFUL EMPLOYER, we understand the vital role that mental health plays in fostering a positive and productive workplace. This is why we have made it our mission to assist employers toward creating mentally healthy and supportive workplaces.

Drawing on the clinical expertise and resources available to us through our affiliation with Devon Partnership NHS Trust, we are proud to offer employers across the nation a specialist approach to workplace mental health training, advice, and support.

From our pioneering Charter, setting the gold standard for workplace wellbeing, to our targeted Workplace Mental Health Training and compassionate Employee Assistance Programme, we stand by you every step of the way.

Our Charter

Open to all employers, regardless of their location, sector, industry, or size, our Charter for Employers Positive About Mental Health is not about comparing employers against one another.

Instead, it is about recognising those employers who are committed to supporting the mental health of their staff, no matter how far along they may be in that journey, and it is about helping employers to create mentally healthy workplaces.

Charter Benefits

The benefits of signing the Charter include:

- Use of the MINDFUL EMPLOYER logo for your business
- Recognition as a Charter signatory on our website
- Access to our members-only resources
- Discounts on all MINDFUL EMPLOYER training
- Tailored feedback and support on your organisations practices and policies through our reviews process

Did you know?



1 in 4 adults in Britain will experience a mental health condition in any given year.



Around **41% of employees** report that their experience of mental ill-health was caused by, or made worse by work.



On average, employers lose between **£1,035 and £3,710 per employee** each year due to mental ill-health or stress.



For every **£1.00 invested** in workplace mental health interventions, employers can see a **£5.30 return on investment**.

Mental Health Training



MINDFUL EMPLOYER's training has helped us to underpin our wellbeing strategy by equipping our managers with the skills necessary to foster the right conditions for our employees to be their best.

Toyota GB

Empower your workforce with evidence-based mental health training designed to increase awareness and build confidence in navigating the complexities of mental health at work.

As an NHS service, our team of highly skilled trainers combine the best in clinical excellence with practical workplace strategies to provide you with the most comprehensive support available.

Whether you're looking for bespoke or off-the-shelf workshops, our training is meticulously crafted with the capabilities of your staff in mind. As a result, attendees will benefit from expert clinical knowledge that has been adapted to suit the workplace.

- **Being a Mindful Manager:**

Mental health training for managers has become an important part of workplace success. This is why our Being a Mindful Manager course is designed to empower management teams and business to proactively champion mental health and foster wellbeing within the organisation.

- **Talking Wellbeing:**

Elevate the way you engage with wellbeing through our transformative Talking Wellbeing workshop. Designed to empower staff at all levels, this workshop equips staff with the skills to navigate constructive conversations about mental health at work.

- **Being Resilient:**

In the context of today's fast-paced and ever-changing world, resilience is recognised as an essential skill for the workplace. Exploring techniques and practical strategies for improving our resilience, staff attending one of our Being Resilient workshops will benefit from learning new ways of identifying potential stressors and effectively managing them.

- **Mental Health First Aid:**

This internationally recognised course teaches you to recognise and respond to signs of mental ill-health, including how to provide support on a first aid basis. It equips you with the skills and confidence necessary to listen, reassure and respond to the concerns of others, even in a crisis.

MINDFUL EMPLOYER Plus

Dealing with personal or work-related issues can take a huge toll on the wellbeing of your workforce. This is why we have partnered with wellbeing and employee benefits provider Vivup to bring you the MINDFUL EMPLOYER Plus Employee Assistance Programme.

What's Included?

- 24/7 Telephone Support
- Telephone Counselling Sessions
- Online Wellbeing Hub

Expert Care, Affordable Price

Our affordability is rooted in our non-profit values and strategic partnership with Vivup. By pooling resources and using economies of scale, we cut the onboarding and administrative costs for our Charter signatories. This approach allows us to provide comprehensive support at an exceptionally competitive rate, ensuring affordability without compromising on quality.



24/7 Telephone Support:

Connect with qualified counsellors and support specialists for confidential discussions on emotional, personal, or work-related issues.



Telephone Counselling:

Benefit from up to six telephone counselling sessions per issue, allowing your staff to talk confidentially with sympathetic professionals.



Online Wellbeing Hub:

Access a comprehensive range of online resources, including self-help materials, podcasts, blogs, and valuable debt advice.



Your Care Essentials:

Gain access to Vivup's leading health management platform "Your Care", included with MINDFUL EMPLOYER Plus.



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