



**LEARN DEVELOP ACHIEVE**

# MENTAL HEALTH SUPPORT

In a period of low employee morale, doubt and worry employers must offer mental health care resources and provide support. Mobius Training and Consultancy Limited are pleased to offer employers and employees the support, resource and solutions to evaluate employee mental health and provide them with the tools, help, guidance and support they need to ensure they remain fit for work.

With our team of experienced practitioners we will work with you, your business and your employees to offer mental health training and assess mental health via a short diagnostic questionnaire and offer the necessary guidance and support to:

- Conduct a stress risk assessment and manage the risks accordingly
- Encourage people to discuss mental health issues with their managers and equip managers to support their employees
- Know where to seek help if its needed

The benefits to an organisation will be:

- Manage the fluctuations of individuals mental health due to COVID\_19
- Promote a mental health prevention first approach which will decrease the number of sick days absences and increase productivity.
- Identify those individuals who may need stronger interventions e.g. counselling.

We offer accredited and non accredited mental health training course, which can be delivered via virtual tutor led sessions. Other delivery options are available contact us for more information.

## COSTS

Cost's start from as little as £150 per day and payment plans can be set up to assist you with the financial commitment. For diagnostic questionnaire costs please contact us directly.

**Poor mental health is estimated to cost employers £33 billion a year in sick pay and loss of productivity and that's without a pandemic.**

To find out more contact **Mobius Training and Consultancy Limited**

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You can also find us at:

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