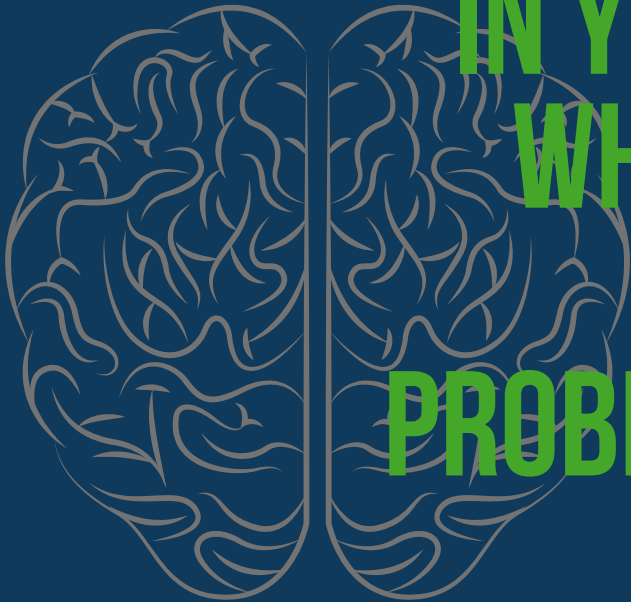


**HELPING YOU SUPPORT
THE 1 IN 6 PEOPLE
IN YOUR WORKPLACE
WHO EXPERIENCE A
MENTAL HEALTH
PROBLEM EVERY YEAR**



WITH WELLBEING IN MIND



THERAPY



WELLBEING
ONLINE



TRAINING
WORKSHOPS

ABSENCE DUE TO STRESS, DEPRESSION AND ANXIETY COSTS ORGANISATIONS ON AVERAGE £1089 PER EMPLOYEE PER YEAR

Talk Works supports organisations and their people to create healthy workplaces where people thrive, fulfil their potential and positively impact organisational performance and culture. Mental health is a broad spectrum. – and in 2020/21 accounted for 50% of all workplace absence. We believe that early intervention is the driver to success, and we can help you assess mental health in your workforce and offer training and treatment where necessary.



WITH WELLBEING IN MIND.



OVERVIEW OF OUR SERVICES

THERAPY



Rapid access to evidence based one-to-one talking therapy for those who are struggling with mental health difficulties.

WELLBEING ONLINE



eLearning platform designed to support individuals to enhance their understanding of mental health and develop effective personal habits.

TRAINING WORKSHOPS



Designed to suit your organisation and people, with content from our clinical experts, workshops can be delivered digitally or in person.

THERAPY SERVICES.

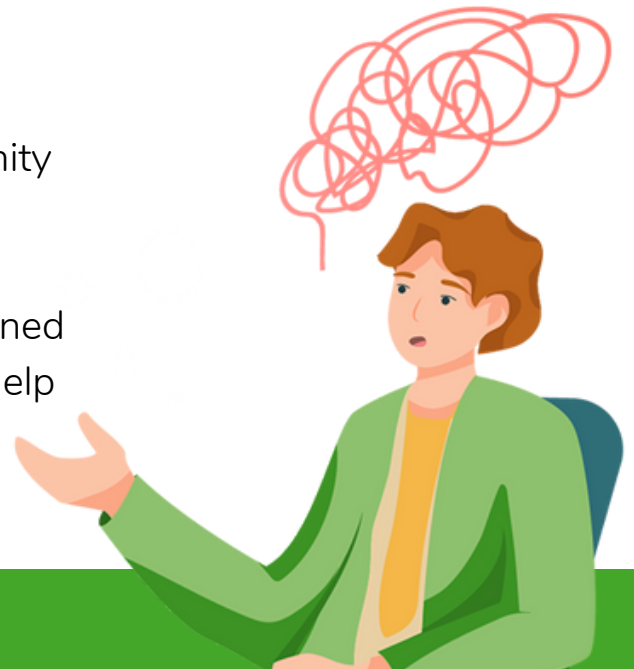
Talk Works provide rapid access to one-to-one talking therapy with our team of Clinical Specialists, [Counsellors, Cognitive Behavioural Therapists, Psychotherapists and Psychologists] for individuals who are struggling with their mental health. Our Clinical Specialists are located across the UK offering services face to face, via video link or by telephone.

Therapy can address a range of challenges including;

Sleep	OCD	Bereavement
Abuse	Relationships	Stress
Suicide	PTSD	Work issues
Depression	Eating Disorders	Trauma
Anxiety	Low self-esteem	Addiction

What to expect...

During therapy, you will have the opportunity to talk confidentially with a Clinician about your life and anything that you're finding distressing. Our Clinical Therapists are trained to listen, introduce coping strategies and help you improve how you are feeling.



WELLBEING ONLINE.

Wellbeing Online is an eLearning platform designed to reduce the likelihood of mental ill-health and associated absence by supporting individuals to enhance their understanding of mental health and develop effective personal habits.

The evolving evidence-based content is written in-house by our clinical therapists. Level 1 provides the foundational knowledge to help employees feel confident to support their own or others with their mental health. Modules include:



Benefits Of Mental Health Awareness

- Reduced absenteeism
- Increased engagement
- Positive cultural impact
- Optimised organisational effectiveness

TRAINING WORKSHOPS.

Workshops allow your team to increase their knowledge about mental health and educate them to be their best. Our mental health for line managers workshop supports managers to increase skills in identifying signs of mental ill-health and gain knowledge of appropriate support available so you are best equipped to support your team.

Examples of other workshops are:

Understanding Stress

Sleeping Well

Improving Focus With Mindfulness

Worklife Balance

Self Care

Mental Health Crisis

What course is best for my organisation?

Talk Works can work with you to understand the needs of your organisation and provide a recommended training package to support your employees and organisational needs. We know its hard to get everyone in the same place at the same time so we can run training workshops in person or via video conferencing to suit your needs.



IMPROVING MENTAL HEALTH TODAY, FOR A BETTER FUTURE TOMORROW.

Get in touch to find out how we can
support your workplace...

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WITH WELLBEING IN MIND.