

A photograph of a group of people sitting at tables in a cafe or office setting. The background is a red brick wall with several windows and framed pictures. A string of colorful lights hangs across the top. In the foreground, a woman with long brown hair, wearing a blue and white plaid dress, is seated at a table, looking towards a man who is also seated at the table. The man is wearing a dark shirt and glasses, and has his hands clasped. Other people are visible in the background, some sitting at tables and others standing. The overall atmosphere is casual and professional.

# AN INTRODUCTION TO MENTAL HEALTH AT WORK

FROM THE TEAM AT PLANETK2



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# OUTLINE

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## HOW WE'D LIKE THE SESSION TO SUPPORT YOU

Leaders, managers and team players:

- How to build a mental health friendly workplace
- Introduction to mental health readiness
- Applying Cognitive Behavioural Therapy to your mental health
- How to recognise mental health issues in yourself and each other
- What to do if you're worried about your mental health
- What to do if you're worried about someone else's mental health

## WHO'S LEADING THE SESSION?

The session will be led by Adam Morris. Adam holds a Masters in Sport and Exercise Psychology, he's the founder of Believe Perform, the world's most popular sports psychology website and resource, he's a qualified CBT practitioner, a Mental Health expert and creator of some of the planet's most shared mental health advice.

## A 3 HOUR CONVERSATION FOR UP TO 15 PEOPLE

## HOW MUCH IT COSTS

The investment for the session will be £2600.00 excluding VAT and travel and we will donate £800.00 from each session to MIND.

Included in each session will be an online information pack including:

- Mental Health Infographics
- Where to go to for additional support
- Group membership of The Performance Room for 6 months

If you'd be interested in coming along to an open session then we're planning to host one this December. Drop us a line for more info, places will cost £150 with £50 from each session going to the mental health charity Mind

## NEXT STEPS

To book your session, call Alison on 07825237945 or mail her at [alisonw@planetk2.com](mailto:alisonw@planetk2.com)



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# THE SESSION

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Here's what the session will cover:

## **Understanding mental health**

It can often be hard to spot signs and symptoms of mental health issues in other people and ourselves. So we'll share how to do that and how to distinguish everyday mental health from clinical mental health issues

## **We've all got mental health**

We need to move away from focusing on the statistic that 1 in 4 people have mental health problems. Just like physical health, we all have mental health. So knowing how to look after your mental health as well as the mental health of those around you is just as important.

## **Mental health friendly workplace**

Experience tells us that if we asked 100 people in a safe environment, how many have experienced a mental health problem, a large proportion would put their hand up. If we then asked the question "How many of you would tell your boss or work?" we wonder how many would keep their hands up. Knowing how to support and develop a mental health friendly culture really matters.

## **Practical tips from the world of CBT**

We'll explore common job worries – anxiety, low self-esteem, pressure, stress, low confidence, catastrophising. We'll introduce everyone to the model of CBT and how it can be used to manage some of these issues.