



**UNMASKED
MENTAL HEALTH**

EMPLOYER SERVICES

Welcome to Unmasked Mental Health, where we believe that mental well-being should never be shrouded in silence. Our charity is dedicated to providing vital support and services to individuals facing mental health challenges.

We are proud to introduce you to our comprehensive range of low cost programmes and initiatives for organisations designed to support positive mental wellbeing in the workplace.

Together, we can unmask the stigma of mental health.

About Us

Here at Unmasked Mental Health, our goal is simple. We want to provide safe, stable and regulated environments where people who are suffering from poor mental health can access mental health services in a way that suits their way of being supported at the point of need.

We provide support directly to individuals as well as providing support to employees within businesses through talks, webinars, training, and wellbeing support programmes.

We are proud to partner with many organisations within our community. Unmasked are a social prescriber service working in partnership with NHS England which means individuals can also be referred to us for support directly from their GP or Employer.

Impact of Mental Health In The Workplace

Mental health issues can affect one in four people at some point in their lives and have a significant impact on employee wellbeing. They are a major cause of long-term absence from work.

Employers should promote good mental health and provide support for employees who are experiencing mental ill health.

Training managers and educating employees to understand mental health can help manage and prevent stress which can be linked to common mental health conditions such as anxiety and depression.





About Us

What We Do

We provide a wide range of services to businesses which support positive mental wellbeing in the workplace.

This includes:

- Wellbeing Partner Programme
- Employee Support Line
- Counselling Services
- Online and Onsite Training
- Wellbeing Reviews
- Mental Health Talks & Workshops
- Community Peer Hubs



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Become a Community Wellbeing Partner

At Unmasked Mental Health, we are committed to fostering a culture of well-being, unmasking the stigma surrounding mental health, and promoting positive change. Through our dedicated efforts, we provide a range of crucial services to people battling poor mental health.

Together with our Community Mental Wellbeing Partners, we aspire to create a society where mental wellness is a priority, where everyone has access to the support they need, and where businesses are catalysts for building a more empathetic, resilient, and thriving community.

Like Unmasked Mental Health, local businesses play a pivotal role within our community. They provide employment opportunities, support local residents, and deliver essential services. Our goal is to collaborate with a diverse array of companies, regardless of their size or industry, to secure the necessary resources for supporting individuals facing mental health challenges within our communities.

The Community Wellbeing Partners Club is designed for driven businesses who prioritises both business success and employee wellbeing side by side.





Training, Development & Employee Support:

- Mental Health Awareness Training for employees including bespoke topical training
- Mental Health Talks and Seminars
- Confidential Employee Telephone Support Line
- Access to Counselling Services at the time of need (no waiting lists)
- Employee Wellbeing Reviews
- Community Peer Hubs

Networking and Engagement Opportunities:

- Invitations to exclusive charity events, providing opportunities for networking with like-minded organisations and individuals
- Involvement in our charity's activities, such as volunteering or employee engagement initiatives, fostering team cohesion and a sense of purpose among your employees

Prominent Brand Exposure:

- Inclusion of your company's name and logo on our charity's website, alongside recognition as a valued sponsor
- Advertising on our Facebook and LinkedIn pages which have over 225,000 followers
- Placement of your logo in our printed publications, annual reports, and promotional materials
- Visibility at our events through banners, signage, and acknowledgment during speeches
- Logo placement on clothing worn by our team, volunteers, and event participants, effectively extending your brand reach

Price on enquiry and based on workforce size.

Confidential Employee Support Line

Unmasked Mental Health provides a confidential telephone support service to employers enabling any employee to contact our organisation when they feel they may be struggling with their mental health.

The employee can confidentially speak to a trained counsellor for up to one hour about how they are feeling and receive support and signposting to relevant services*.

This service costs the equivalent of just £2 per employee, per month on a minimum two year contract.

*service is available Monday to Friday between 8.30am & 5pm excluding bank holidays. Calls outside of these hours will be picked up the next working day.





Individual Counselling Services

We are very proud to deliver low-cost Counselling Services to employees of businesses through a direct referral process.

Our service operates “At The Point Of Need” which means we do not hold any waiting lists. Our counselling model enables us to upscale our counselling team according to demand.

All individuals referred by an employer will be assessed over the telephone within 24 hours of the referral. If it is identified that the individual meets the criteria for counselling then they will be allocated an appointment with a counsellor within 2 weeks. Counselling sessions can be face to face in our Halifax office or online/telephone for those who are further afield.

Businesses who choose to implement this programme and refer employees must commit to providing counselling in a block of six sessions per individual. Counselling sessions cost £40.00 each.

For more information about this service, please contact us.

On-Site Counselling Services

We offer organisations the opportunity to have one of our qualified Counsellors operating from within their workplace offering employees the opportunity to “drop in” and see the Counsellor if they feel they may need some support or to talk a problem through.

This service works particularly well when an organisation has built a wellbeing strategy that has a clear commitment to improving transparency and openness around mental health and supports positive mental well-being, encouraging employees to get help early.

The results of our work with organisations who have partnered with Unmasked Mental Health and offered this service has shown a direct reduction in absenteeism from the workplace and an improvement in the individual performance of employees who have accessed this service.

Typically, a Counsellor would be on-site once or twice per month depending on the size of the organisation.

Costs for this service are approximately £385.00 per day for businesses within a 30 mile radius of our offices in Halifax.





Wellbeing Reviews

Keep in touch with your employees with our Wellbeing reviews.

A well-being review isn't just a casual 'how are you doing?' chat in the workplace kitchen, it's a more deep-seated and structured review. The purpose of which, is to provide your employees, the life-blood of your business, an opportunity in which to discuss any issues they may have in relation to their mental wellbeing – undertaken by a trained professional.

Our wellbeing review programme supports businesses by providing employees with an opportunity to discuss all aspects of their life and their wellbeing, and provide tools and support techniques to help them cope with life challenges.

Comprehensive wellbeing reports are produced for each review undertaken to enable the employer to understand the wider challenges the employee faces and what support they may require.

We recommend at least annual wellbeing reviews with all employees.

Free Talks & Seminars

The Team at Unmasked are experts in the field of Mental Health. Many of the team have life experiences to share which people can relate to, others are trained mental health professionals.

We can support your business by speaking at any of your events at no cost to yourselves. Whether you are holding a conference, a webinar or online event or if you would like a workshop toolbox talk on your shop floor, we can align all of our speakers to your workforce and achieve the outcomes you are looking for.





Mental Health Training

Unmasked Mental Health deliver a wide range of training to organisations across the UK.

We provide organisations with tools and support to improve mental health in the workplace. Mental health training is just one of the ways we are changing the experience for people living with poor mental health. By educating workplaces it creates an open culture and helps to break the stigma associated with mental health.

We provide the highest quality introductory mental health training content, delivered using a combination of learning techniques; presentations, discussions, case studies and interactive exercises. We combine theoretical approaches and real-life experiences to produce comprehensive and effective training packages.

Prices for all training are dependant on whether it is face to face or remote and the number of delegates.

Mental Health Champions in the Workplace

FAA Level 1 Award - 4 Hour Workshop



This 4 hour course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

Typically this course suits individuals working with other people, managers and team leaders within organisations who may need to support employees.

This course can be delivered online or in the workplace. The cost is £750 for up to 12 delegates.

Organisations who enrol learners on to this programme can also subscribe to our learning mentor scheme which enables all Mental Health Champions to have ongoing access to the Unmasked Mental Health team for ongoing support. The cost of the mentor scheme is £50 per month for every 6 Champions supported.



Supervising First Aid for Mental Health

FAA Level 2 Award - 1 Day Workshop

This 1-Day course will provide learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

In addition, it expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

This course can be delivered online or face to face on a company site or in our offices.

Delivered directly to organisations, the cost is £1,200 for up to 12 delegates. Alternatively, individuals can enrol on open courses which are detailed on our website.

All those who pass the course will receive a professionally recognised Mental Health First Aid qualification.



Supervising First Aid for Mental Health

FAA Level 3 Award - 2 Day Workshop

It is a legal requirement to have First Aid in the workplace, but in these modern days, Mental Health First Aid in the workplace is becoming equally critical. Internationally recognised, Supervising First Aid for Mental Health is a course which teaches people to understand and spot the signs and symptoms of mental health.

Having taken the course and passed the examination (not too difficult), you will not only be the proud owner of the professionally recognised Mental Health First Aid qualification, but you will be armed with the skills and knowledge to understand and be able to assist with the Mental Health First Aid support of your colleagues.

This will include:

- A comprehensive understanding of mental health and the factors that can affect a person's mental wellbeing.
- The ability and skill set to recognise the triggers and signs of mental health issues.
- The confidence to step in, reassure and support a person in distress.
- Amplified empathy and interpersonal skills to assist with non-judgemental listening.
- Having the knowledge to know how to help someone recover their health by guiding them to further support. Be that self-help resources, through their employer, the NHS or a combination of all of these.

Delivered directly to organisations, the cost is £2,400 for up to 12 delegates. Alternatively, individuals can enrol on open courses which are detailed on our website.

Mental Health First Aider Mentoring Scheme

Unmasked Mental Health are pleased to offer a mentoring scheme for all employers who have enrolled employees on one of our Nuco L3 mental health qualification workshops.

Once individuals have completed the qualification, the employer can subscribe the individuals to our mentoring service which provides the qualified Mental Health First Aider with ongoing support and engagement with our team. This service includes:

- Bi-monthly meetings
- Access to UMH should a situation present itself in the workplace and the MHFA feels they need some guidance on handling the matter.
- Monthly newsletters from UMH providing useful guidance and important legislative updates.
- Invitations to our networking events which often include free training on specific topics.

This is a retained service at a cost of £200 per month for up to 6 individuals who have obtained a qualification with UMH. Contract terms are two years with the fees payable monthly for the duration of the contract.



Bitesize Training

How about taster sessions of Mental Health in the workplace, during your lunch break?

Why not offer shorter workshops to your employees, giving them the opportunity to undertake a bite-sized mental health education – which may be the perfect opportunity to start learning about mental health in the workplace.

You may want to enrol your staff upon the full courses at some point, but for now, these could prove to be a vital resource in your businesses armoury.

We can deliver bitesize workshops either at your offices or online. One hour workshops start at just £250.00 for up to 16 delegates. Discounts are available for multiple workshop bookings.

Just give us a call on 01422 356945 or email us at info@unmaskedmentalhealth.co.uk to discuss further.



Lasting up to an hour, and delivered by one of our training team, we are able to offer the following subjects, as part of our bitesize training packages.

- 5 Ways to Wellbeing
- Work-life balance
- Mental Health Awareness – A basic understanding
- Empower hour
- Depression
- Active Listening & Mental Health
- Anger & Mental Health
- Assertiveness & Mental Health
- Nutrition & Wellbeing
- Sleep & Wellbeing
- Understanding Eating Disorders
- Understanding Menopause - Partner's Perspective
- Understanding Menopause - Women
- Dealing with Stress & Anxiety
- Diagnosing Stress & Anxiety
- Resilience
- How to spot the warning signs of poor mental health
- How to help during a crisis
- Exercise & Wellbeing
- Living with ADHD
- Mental Health & Stigma
- Money & Mental Health
- Understanding PTSD
- Understanding Self-Harm
- Understanding Substance Abuse
- Understanding Suicide



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Charity Events

To support our cause, Unmasked Mental Health run a number of annual charity events which we welcome our partner organisations to join in.

Not only do these provide fantastic networking opportunities, but it enables employees to engage with our charity and better understand the work we do in proactively working to support people towards positive mental health.

All our events are advertised on our website www.unmaskedmentalhealth.co.uk please do reach out if you would like to join us, or sponsor any of our events.



Community Wellbeing Hubs

Unmasked Mental Health support hubs are based across Calderdale and are for anyone; here people are free to talk about their own mental health – or not as they see fit. The groups provide a safe space for individuals to make that choice. Some are pure talking hubs, others are activity hubs such as walking groups, knit & natter or arts & crafts groups.

The hubs are informal and relaxed and are true 'peer support' groups (meaning people get support from each other, not therapy specialists); having said that, some may find therapeutic benefit of course. All groups are led by a facilitator and sometimes a co-facilitator, whose role is to encourage the group to develop and flourish in a safe, non-judgemental and inclusive way.

No referrals are required and the hubs are entirely free to attend. Individuals can just turn up at any time.

We will provide all local businesses with free flyers and posters for their work locations with details of where hubs can be found.

To order flyers and posters for your business, simply drop us an email at info@unmaskedmentalhealth.co.uk or give us a call on 01422 356945.



Contact Us:

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🌐 www.unmaskedmentalhealth.co.uk

✉ info@unmaskedmentalhealth.co.uk

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