

## Be Fantastic Therapy

- Have you assessed the risk from mental health issues within your work place?
- Work can aggravate pre existing conditions, bring on symptoms or worsen the effects.
- Employers have a legal responsibility to help their employees, whether work is causing the issue or just aggravating it.
- Our services are invaluable for work forces of all sizes.
- We cater to the individual needs of your business and staff.
- On site/off site or online therapy services available.



## Be Fantastic Therapy

### Strategies:

- Mental Health First aid
- Neuro Linguistic Programming
- Hypnotherapy
- Integral Eye Movement Therapy
- Life Coaching
- Bowen Technique

### Specialising in:

- Anxiety
- Negative Feelings & Behaviours
- Phobias
- Panic Attacks
- Trauma /PTSD
- Pain Management



BE FANTASTIC THERAPY

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## Positive Mental Health In The Workplace



BE FANTASTIC THERAPY  
CHANGING THE WORLD ONE THOUGHT  
AT A TIME

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## Mental health in the workplace

Let's concentrate on breaking down the stigma attached to 'bad' mental health and focus on promoting a 'good' mental health culture in your workplace. Offering support to your workforce from the ground level up, can lead to a significant reduction in employee absenteeism.

We all face negative mental health issues at some point in our lives, whether it's a result of injury, bereavement, family breakdown, financial crisis or any sudden changes, especially at work.

- Approximately 1 billion people world wide suffer from a mental disorder.
- 1 in 4 people in the UK experience a mental health problem each year.
- An estimated 1 in 6 adults experience a 'common mental health disorder' like depression or anxiety in any given week.
- Loss of productivity as a result of anxiety and depression costs the global economy 1 trillion US\$ each year.

**Implementing positive mental health practices within your company helps safeguard lives, reduces the financial burden of sick leave and increases productivity.**

### What to look for?

**These are a few signs and symptoms of mental ill health:**

- Colleagues who are suddenly withdrawn, and perhaps not joining in where they would normally.
- Showing signs of a lack of self care, looking unkempt and poor personal hygiene.
- Use of negative language, even joking statements that they aren't coping.
- Not doing as well at work and lacking motivation.
- Changes in appetite or weight loss/gain.
- Outbursts of anger, irritability and intolerant of others.

**Everyone benefits from having an independent, confidential person to talk to and this is especially important when individuals are operating machinery or managing potentially high risk situations.**

### What to encourage?

**The following are the 5 steps to mental wellbeing as recommended by the NHS:**

1. Connecting with others
2. Be physically active
3. Keep learning new skills
4. Give to others
5. Be in the present (mindfulness)

### How we can help?

Be Fantastic Therapy offers mental health first aid and treatment plans customized to your workforce requirements. Encouraging your company to thrive with direct access to a range of talking therapies, designed to reduce anxiety, stress and depression.

Early intervention can reduce the risk of escalation into possible personality disorders, psychosis and/or suicidal thoughts or actions.

**Mental health disorders are real and on the rise. To discuss how we can support and safeguard your team please contact 07716854845.**

