



VIRTUAL MENTAL HEALTH SUPPORT DURING COVID-19

WHAT DO I NEED?

Absolutely nothing! We can host using Zoom's live streaming platform. This allows everyone to participate, ask questions and provide suggestions along the way.

WHAT DOES IT COST?

Costs will be calculated per session. A standard 45 minute webinar with Q&A prices from £50.

We would love to be more generous right now, but we hope that you can appreciate that it is a difficult time for all. Instead, we are happy to offer 3 free sessions to those businesses committing to [Mental Health First Aid Training](#) once things are a little less uncertain.

During this challenging period, at Start Within we are taking our wellbeing services online to keep employees' mental and physical wellbeing in check.

Supporting employee wellbeing is more important than ever, to ensure our ability to cope with stress, encourage motivation and maintain productivity.

Whether you want to run a session for your whole team, a group of managers, wellbeing champions, or even host an open employee session, the workshop can be tailored to any audience.

VIRTUAL WORKSHOP

Our Head of Training will deliver 45-minute bespoke webinars to your organisation. These sessions will address the mental health impact of the Covid-19 epidemic and provide insight across a range of wellbeing considerations.

Covid-19 poses an unprecedented challenge to businesses globally. At Start Within, we are passionate about the needs of your employees and equipping managers with the tools to maintain a happy and healthy workplace.

Our webinars will offer practical solutions for managers on a variety of challenging topics, ranging from stress and anxiety to the importance of purpose and community.

We also provide a window into the wider topic of wellbeing at work, which provides a solid foundation for further training within your business, such as dedicated Mental Health First Aid courses.

A typical agenda

- Introductions and Ice Breaker
- Mental health in the context of Covid-19
- Understanding stress and anxiety (Stress Bucket Model)
- The importance of positive managerial support
- Specific resources and how to signpost
- Summary and questions



Get in touch

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