



Keeping your workforce mentally healthy is our top priority whilst working from home.

## Workplace wellbeing online

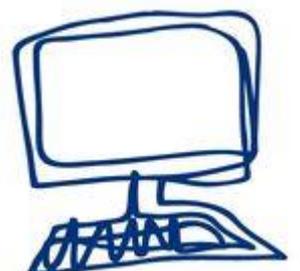
With the latest government advice limiting our interaction and a call to social distance and work from home for the foreseeable future.

Rotherham and Barnsley Mind are even more determined to ensure our vital services are still available as COVID-19 starts to affect all our daily lives.

For those who are new to working remotely, adapting can be challenging and leave us feeling isolated. That combined with everyday pressures of a pandemic, caring for or missing relatives and friends, home-schooling and trying to keep our minds healthy on top of maintaining work commitments and productivity means that businesses of all sizes now more than ever need to consider the mental health and wellbeing of their staff.

But how do you do this when you don't have that daily interaction with your team? Looking after your staff and spotting the signs and symptoms of a team member whilst working remotely is difficult.

Here at Rotherham and Barnsley Mind we can support your teams to look out for these signs and help recognise when a colleague may be experiencing a decline in their mental health.



Our new virtual workplace wellbeing packages, have been designed to help you maximise the mental health and wellbeing of your team, manage challenges and build resilience. Delivered through encrypted and secure digital platforms by our in-house mental health workplace trainer as a one to one session or in virtual groups.



Want to find out more about our new online workplace packages and secure your place? Drop us a line at [contactus@rbmind.co.uk](mailto:contactus@rbmind.co.uk) or call us on 01709 919929 / 01226 21188 and ask for Claire or Rachel for further information and check availability.

## Rotherham and Barnsley Mind's New Online Offer

A selection of live webinars varying between one, two and three hours. And include topics covering the following:

- Dealing with Isolation
- Stress and anxiety management relating to COVID-19
- How to stay well when working from home
- Why staying connected is essential and making the most of technology
- Listening Skills
- Understanding how being active, eating and sleeping well can have an impact on your mood.
- Balancing life priorities - Flexibility is key
- Supporting your employee's mental health and wellbeing from a distance

## Online Mindfulness

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything.

This is a 1-hour session which explains the power and benefits of mindfulness. Providing some simple exercises which your employees can introduce into their daily routine for improved wellbeing and productivity.

## Online One to One or Group Coaching Sessions

Offering a safe and secure digital place to share current situations and gain advice on presenting issues, this doesn't just have to be around mental health but everyday experiences where you may need support. Staff presenting unfamiliar issues, identifying blind spots, exploring dilemmas or adapting to remote working. By being a listening ear, we can help your employees manage their mood and remain productive at work, increase their understanding of self-care and encourage them to develop and share wellness action plans.

## Personalised Taster Package (Throughout COVID-19 period only)

Throughout the COVID-19 period we are offering you the opportunity to build and personalise your own taster packages that will best support your teams.

1. You choose a weekly webinar from our online offer above; this will be broken down into bitesize chunks that last 30 minutes.
2. Virtual open floor discussion – ask the expert and team coaching – 30 minutes.
3. Choose a mindfulness exercise for your team to participate in – 10 minutes.



## Clinical Supervision for professionals

Delivered by our in-house clinical supervisor and Senior counselling Lead to provide your professionals a safe and confidential space to discuss the challenges they are facing both at work and privately and how the two can impact on work life balance.



As with all our services these sessions can be tailored to your workplace and employee need.

## Our already successful courses can also be adapted to online platforms

(You can find more information about the following on our workplace wellbeing page [here](#))

Rotherham and Barnsley Mind has many years' experience of helping employers create mentally healthy workplaces. Our packages encompass a wide range of support including: Workshops to aid employees in managing stress and developing resilience: training to raise awareness and skills in managing staff with mental ill health: facilitated staff coaching groups; strategic support and advice on embedding mental health practice into the workplace

## Mental Health Awareness in the workplace

- What is mental health
- Common conditions

## Introduction to Mentally healthy workplaces

- Looking after for employee's mental wellbeing
- Engaging your staff

## **Mental Health at Work for HR and Managers**

- Mental health awareness for HR, senior managers and line managers
- How to have a conversation with an employee around mental health

## **How to take stock of mental wellbeing in your workforce**

- Your staff are your business
- Boost staff motivation, innovation and productivity

## **Work-related Mental Health**

- Promoting wellbeing for all staff
- Tackling the causes of work-related mental health
- Wellness Action Plans

## **Supporting staff who are experiencing a mental health problem**

- Creating a culture that is open and honest about mental health
- How to support someone experiencing a mental health problem
- How to manage an employee's time off sick and their return to work

## **Mental Health Awareness for frontline staff and volunteers**

- Mental health awareness for frontline staff and volunteers

## **Supporting Adults working with Children and young people**

Delivered by our children and young people's service lead who has many years' experience of delivering and managing counselling and mental health support to be young people and support staff in schools

- Mental health awareness for parents and those working with children and young people

## Suicide Awareness

- Suicide and Self-Harm

Please note that our workplace wellbeing services are chargeable, as not for profit organisation all surplus income goes straight back into supporting our local communities during these unprecedented and challenging times. Please contact us for more information and a quote

**“Great course and what really made it better was that the trainer had a mental health background and could really answer questions in detail”**

**“Excellent course and delivery. Practical tips to take away and implement”**

**“There was a lot to cover over the 2 days, but the delivery and pace of the course was perfect, didn't feel rushed or that we were 'cramming' info in!  
Fab course, Thank You!”**

