



 **mind**  
Burton  
and District

# Training and Workplace Solutions for Better Mental Health

## Shaping Wellbeing To Fit Your Workplace



Registered with  
**FUNDRAISING  
REGULATOR**



We are Burton & District Mind.

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Registered charity number 1140492

Company number 07438326

## About Us

### Everyone deserves good mental health.

We are the local mental health charity supporting people across Burton, Tamworth, Lichfield and Uttoxeter. We work in collaboration with local NHS, local authorities, charities, social enterprises, and businesses to support our communities in every way we can.

We provide high quality mental health services including counselling, peer support, wellbeing activities, and workplace mental health training. Everything we do is shaped by people with lived experience of mental health challenges.

We're proud to be part of the Mind network, working locally and connecting nationally. As a registered charity, all funds raised go directly back into helping people locally.

**We provide advice and support to empower everyone to experience better mental health.**

**"Together, we can build a kinder, more understanding world where mental health is talked about openly, and help is always within reach." - Jo Smith, Workplace Wellbeing Team**



## Why invest in emotional wellbeing and mental health at work?

“Poor mental health costs UK employers £53–56 billion a year”  
-Deloitte, 2022

- 57% of people experience poor mental health at work
- The Cost to employers an average of £2,400 per employee
- INCLUDING time off, working while unwell, and staff leaving

The good news? Every £1 invested brings an average return of £5.30

## We can support your organisation

We have established ourselves as leaders in supporting mental health and wellbeing. Through ongoing collaboration with forward-thinking businesses and organisations like yours, we've successfully driven meaningful change for individuals and business alike.

We have improved mental health across our communities, and our proven approach continues to provide tailored support that resonates with individuals and teams.

Through our partnerships, organisations like yours have been able to benefit from our expertise and resources to enhance workplace wellbeing, raise mental health awareness, and nurture a more supportive working environment.

Our work has a measurable impact on individuals, company culture, productivity, employee satisfaction, and organisational success.

Together, we are creating a lasting difference, positioning your business as a leader in supporting mental health initiatives and driving positive change.

## Why a partnership with us makes a difference?

**Benefits for your team and workplace wellbeing**



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Learn what mental health really means.

Start real conversations without fear or awkwardness.

Break down myths and understand the facts about mental health and wellbeing.

Gain confidence to talk about mental health.

Know how to spot early signs, check in with colleagues, and offer the right kind of help.

Use real tools they apply every day.

Staff feel supported, stay longer and are more productive.

Practical techniques to manage stress, build resilience, and look after themselves and others.

Create safer, healthier workplaces. Reduce the risk of long-term stress or burnout.

Create a workplace where mental health is talked about openly, without judgement.

Keep great people., increasing staff retention.

Support managers to lead with confidence. Give leaders the knowledge and tools they need to respond to mental health in a calm, clear, and supportive way

Boost morale. Teams that feel mentally well perform better, collaborate more, and take fewer sick days.

Show you care. demonstrate to staff, customers, and the community that your business takes wellbeing seriously.

## Our expert offer

**We provide a wide range of activities, from audits and consultation to accredited training.**

- Audits and support with policies and procedures.
- Bespoke Mental Health Awareness workshops –half day to full day includes handouts and certificates.
- Neurodivergence Awareness (non-accredited) – half day to full day face-to-face.
- Mental Health First Aid (Level 2 Accredited).
- Mind CPD Accredited Courses, full day face to face or half day online:

- [Mental Health Awareness](#)
- [Managing Mental Health at Work](#)
- [Mental Health and How to Support Someone](#)
- [Customer Support & Mental Health](#)

- Mind Makeover Course – 12 short informal sessions over 12 weeks, face-to-face or virtual.
- One-to-One Coaching or Counselling – Private sessions to need.
- Away Day Activities – such as mindfulness, walk and talk football, forest bathing...
- Facilitated Group Workshops – 90 min, for small groups.
- Guest Speaker / Team Talks – 30 min sessions.
- Advice Stall or Leaflet Stands.
- Mental Health First Aider at Events.
- Report & Evaluation – Summary, feedback, and discussion points included.
- Room Hire & Refreshments. We can help arrange this if needed.



## Discounts available for fundraising partners.

**Contact us to discuss creating the perfect tailored package for you and your business**

**Telephone: 01283 566696 Email: [workplacewellbeing@burtonmind.co.uk](mailto:workplacewellbeing@burtonmind.co.uk)**

### Did you know?

**Working with Burton and District Mind counts as social value under government contract requirements.**

**By partnering with us for training, wellbeing sessions, or fundraising, your business can demonstrate a real commitment to community impact and mental health.**

**It's a meaningful way to meet social value criteria while supporting local people.**

# Mind Make-Over

## Supporting Workplace Wellbeing.

### Our exclusive programme.

#### What is Mind Make-Over?

Mind Make-Over is Burton & District Mind's 12-week psychoeducation programme, built with lived experience and local insight at its heart. Through interactive workshops, we explore practical ways to support good mental health—for yourself and for others.

- ✓ Co-produced with the community
- ✓ Delivered by a qualified facilitator
- ✓ Backed by lived experience volunteers



#### Why It's Good for Your Team?

Your team will:

- Build emotional awareness & self-confidence
- Learn how to create crisis & recovery plans
- Understand wider factors that affect mental health (nutrition, finance, identity)
- Explore mindfulness, empathy & trauma-informed approaches
- Feel more equipped to ask for help and offer it too

It's more than learning, it's a mindset shift.

#### Social Impact of Your Support

By choosing Mind Make-Over, your organisation helps us deliver workshops free or at low-cost to local people, charities, and communities hit hardest by the cost of living crisis.

Your investment supports:

- Mental health equity
- Local peer-led programmes
- Corporate social responsibility
- Social value towards tender opportunities



#### A quote from a previous participant:

"What helped me most was learning from each other and the importance of having a safe space. The course boosted my confidence and mental wellbeing.

My advice? Go for it—nothing to lose, everything to gain!"

— HE, Participant (July 2024)

## Get involved with fundraising, sponsorship, or donations

Everyone deserves good mental health.

### What's in it for your business?

**A partnership with us will provide your business to have the opportunity to:**

#### Support a vital cause:

Your fundraising efforts will directly support individuals in your local community who are living with mental health problems.

#### Boost employee engagement and wellbeing:

Through joint initiatives, your business can show its commitment to supporting good mental health and create a more open, inclusive environment for your staff

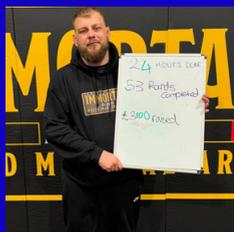
#### Enhance your brand's reputation:

Demonstrating social responsibility through charity partnerships enhances your corporate image and can strengthen relationships with customers, clients, and employees alike

#### We provide tailored, high-impact opportunities

Customised fundraising, exposure across our social media and marketing channels, and recognition in our newsletter and events.

Your support will align with your company's values, positioning you as a leader in mental health advocacy.



### Ways to get involved

- Choose us as your charity of the year and get your staff involved all year round.
- Host a Fundraising Event.
- From bake sales to quiz nights, a little fun goes a long way.
- Wellbeing Days with Purpose.
- Link a wellbeing activity with fundraising, like yoga, walking challenges or 'Tea & Talk' days.
- Game for Good.
- Set up a sponsored gaming challenge and stream for donations.
- Run, Walk or Cycle.
- Join a local event or create your own company challenge.
- Monthly Donations (with Gift Aid)
- Set up a regular donation – easy, impactful, and tax-efficient.
- Leave a Gift in Your Will.
- Create a lasting legacy for better mental health in our community.



# Let's work together

## Contact us

[www.burtonmind.co.uk](http://www.burtonmind.co.uk)

[workplacewellbeing@burtonmind.co.uk](mailto:workplacewellbeing@burtonmind.co.uk)

Burton & District Mind

Birkett House

67 Branston Road

Burton-on-Trent

DE14 3BY

01283 566696



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