



WORKPLACE WELLBEING

We help employers create cultures where wellbeing is lived every day, empowering people to feel well, work well, and thrive.



BETTER MINDS. BETTER BUSINESS.

Better Minds, Better Business

Supporting your employees' mental health doesn't have to be costly. On average, from as little as £2.59 per employee per week, your business can make a meaningful difference to staff wellbeing. This small investment not only shows your commitment to being a business that cares, but also helps create a healthier, more productive workplace where people can truly thrive.

South Kent Mind believes that, together, we can make work better for everyone. With 72 million working days lost and £34.9 billion in employer costs, mental health isn't just personal - it's business critical. Which is why many organisations now treat workplace mental health as a business imperative, not an optional extra.

37 years of experience in the mental health sector

South Kent Mind is deeply rooted in the local community. We work with individuals and organisations across South Kent, continually evolving to meet the needs of our diverse population through support that is responsive, inclusive, and person-centred. At the heart of our work is the creation of safe spaces where people feel listened to, respected, and able to trust that they will receive the care and understanding they deserve.

Behind every statistic is a person.
And every person deserves
better.

As a workplace striving to improve mental wellbeing, here's what we bring to the table:

- **Proven impact** - a strong track record of improving mental health outcomes for organisations.
- **Culture change** - supporting workplaces to break the stigma around mental health.
- **Empowering managers** - equipping leaders with the tools and training to confidently support teams.
- **Promoting self-care** - encouraging individuals to build healthy habits and coping techniques.
- **Consultancy and policy reviews** - expert guidance tailored to your organisation.
- **Bespoke workshops** - designed around your unique needs and challenges.
- **Exploring values and alignment** - helping individuals and teams connect with what matters most.
- **Clear signposting** - access to services including counselling, peer support, and advice.

Last year, South Kent Mind supported over 2,000 people across our community.

Our Packages

Whether you're a small team or a large organisation, our corporate partnership packages grow with you, offering the right level of wellbeing support for your business.

OUR PACKAGES	SMALL organisation up to 50 members of staff	STANDARD organisation from 51 to 150 members of staff	LARGE organisation over 151 members of staff
Workplace Mental Health Audit	✓	✓	✓
Wellbeing Strategy Review and Development	✓	✓	✓
MHFA First Aid Training (2 days)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places
Mental Health First Aid Refresher Course (half day)	1 course max 16 places	1 course max 16 places	2 courses max 32 places
Mental Health Champion Training (1 day)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places
Mental Health Skills for Managers (half day)	1 course max 16 places	2 courses max 32 places	3 courses max 36 places
One-to-One Wellbeing Support Sessions	3 on-site visits per year, providing up to 5, 45-minute individual staff sessions per visit.	4 on-site visits per year, providing up to 5, 45-minute individual staff sessions per visit.	6 on-site visits per year, providing up to 5, 45-minute individual staff sessions per visit.
Mental Health Awareness Training (90 minutes)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places
Understanding Depression (2 hours)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places
Mental Health for Managers Workshop (3 hours)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places
Introduction to Workplace Mental Health and Wellbeing (2 hours)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places
Understanding Stress and Anxiety (2 hours)	1 course max 12 places	2 courses max 24 places	3 courses max 36 places

What we offer at South Kent Mind

DISCOVERY

Workplace Mental Health Audit

We'll start by listening to your business and your people. Our audit helps us understand the key mental health issues facing your employees and the unique culture of your workplace. The process includes:

- Conversations with managers and team leaders.
- A tailored staff survey exploring wellbeing challenges.
- A clear report of findings to help you identify strengths and areas for improvement.
- The first step provides the foundation for a long-term wellbeing strategy.

DESIGN

Wellbeing Strategy Review and Development

Whether you already have a wellbeing strategy or are looking to build one from scratch, we can help. This service is tailored to the size of your company and priced accordingly, and includes:

- Review: We'll assess your existing policies and approaches to ensure they are effective, inclusive, and practical.
- Create: If you don't yet have a wellbeing strategy, we will design one with you - tailored to the size, culture, and needs of your business.

DELIVERY

Mental Health First Aid Course (2 days, in person)

- Train as a Mental Health First Aider and receive three years of certification, plus access to
- Ongoing benefits by joining the Association of Mental Health First Aiders.

Mental Health First Aid Refresher (half day)

We believe that mental health is just as important as physical health - and like physical first aid, Mental Health First Aid training should be kept up to date. If you've already completed the 2-day MHFA course, it's recommended to take a refresher course every three years to keep your skills current.

MHFA Champion (1 day)

Become an MHFA Champion and gain an understanding of common mental health issues and how to provide initial support.

Mental Health Skills For Managers (half day)

To create a mentally healthy workplace it is vital to build supportive relationships between managers and team members. This four-hour training course will provide a consistent approach to mental health and wellbeing, promoting healthy performance across the whole organisation.

One-to-One Wellbeing Support Sessions

Sometimes, a confidential space to talk makes all the difference. Our sessions offer:

- A listening ear for employees in need.
- Signposting to relevant services.
- Fast-track access to South Kent Mind counselling, with no wait.

Mental Health Awareness (90 minutes)

Our mental health awareness workshops are designed to start conversations about mental health and complex mental health conditions. Employees who are experiencing mental health issues will need workplace support from everyone.

Your staff need the tools and support to manage mental health issues in the workplace. Sessions are delivered to individual organisations, thereby providing a secure learning environment.

Understanding Depression

Themed Staff Wellbeing Workshops (2 hours)

We may all have times when our mood is low, or when we're feeling sad. When these feelings don't pass, it can have a huge impact on how we think, feel and function in everyday life. Sessions are delivered to individual organisations providing a secure learning environment.

Mental Health for Managers Workshop (3 hours)

This workshop will help you look after yourself and also assist in spotting early warning signs should your staff be suffering from stress or anxiety.

Employers have a duty of care towards their staff, but supporting mental health and wellbeing in the workplace can also reduce staff turnover and improve organisational performance. Leadership and management are key to promoting good mental health at work.

Introduction To Workplace Mental Health and Wellbeing (2 hours)

Fostering employee wellbeing is essential for both staff and the organisation. Promoting wellbeing can prevent stress and create a positive environment where individuals can thrive. Good mental health and wellbeing can be a core enabler of employee engagement and organisational performance.

Understanding Stress and Anxiety

Themed Staff Wellbeing Workshops (2 hours)

Stress is our bodies' natural response to excessive pressure or demands; anxiety is a reaction to the stress. When a natural response becomes problematic, the best thing we can do is understand more about it. Sessions are delivered to individual organisations providing a secure learning environment.

Bespoke packages

If our existing packages don't quite suit your organisation, you can build your own bespoke package by choosing from the option below.

All the courses below can be booked individually or combined, and are available for teams of any size. Contact us for prices.

COURSE	DURATION	LOCATION
MHFA Mental Health First Aid	2 days	in person
MHFA Mental Health First Aid Refresher	Half day	in person
MHFA Champion	1 day	in person
MHFA Mental Health Skills for Managers	Half day	in person or online
Introduction to Workplace Mental Health and Wellbeing	2 hours	in person
Understanding Depression	2 hours	in person or online
Understanding Stress and Anxiety	2 hours	in person or online
Mental Health Awareness	90 mins	in person or online



Testimonials

See what our partners and course participants say about how South Kent Mind has helped make their workplaces more positive and supportive:

“I thought this was a great course, covering a lot of ground in such an important area of all our lives.”

“The course content was so valuable in terms of my professional role and to me personally.

I left feeling so much more confident and reflective to the needs of others (including my own mental health).”

“An excellent course that was interesting and informative. (The course instructor) was welcoming and approachable and made me feel at ease.

I would highly recommend the course as I feel a lot more confident about talking to the young people I work with about mental health.”



Together for Better Mental Health

As a local and independent charity, South Kent Mind understands the unique challenges faced by our community. We're not a national provider offering one-size-fits-all solutions, we're here to support the people who live and work in South Kent.

By partnering with us, you're choosing a trusted organisation that creates a safe, welcoming space where employees feel heard, respected, and supported. Together, we can build healthier workplaces and stronger communities.

For more information, or to book a FREE introductory audit, please contact one of our team:

☎ 01303 250090

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