



# SUPPORTING RESILIENT PEOPLE

Fuel a wellbeing culture that makes a real  
difference to your organisation





# WELLBEING LEADERSHIP

## WHO WE ARE

Lifelink is a leading mental health and wellbeing support provider that has supported communities and businesses across the UK to manage stress, anxiety and depression among their people for over 28 years and our aim is for every person we support to become healthier and happier, wherever they live, work or learn.

Through partnerships with the NHS, higher education providers and local businesses we have developed an infrastructure that supports over 8000 people per year.

As a non-profit, Lifelink invests all its surplus revenue into supporting individuals throughout local communities therefore working with Lifelink shows that you not only care about the wellbeing of your people but also those within the community. We don't have shareholders or private individuals making a profit from our services.

We believe that everyone's needs are unique and we deliver person centred wellbeing support that makes a real difference to your organisation's culture and overall performance.



## OUR APPROACH

Mental health and wellbeing issues are one of the most common reasons for long term sickness absence in the UK. They also have a significant and widespread impact on the performance of organisations. Without professional support, it is challenging for employers to prevent anxiety or depression affecting employees.

Our approach empowers organisations to improve the wellbeing of employees and the

support we can provide pays significant dividends - increased productivity, reduced absenteeism and increased employee engagement.

All of this is underpinned by the tried and tested approaches we employ within our own organisation and is supported by a robust clinical leadership structure, backed by our ISO9001 accreditation - ensuring we deliver to the highest quality and service standards.





## WELLBEING SUPERVISION

Tailored wellbeing supervision programmes provide support to those front-end staff whose working environments may make them particularly vulnerable to negative mental health.

Those who can benefit the most are often in roles where they are on the front line of dealing with the negative emotions of customers and service users or are tasked with providing mental health support to others within your organisation. This can put them at a higher risk of suffering mental health problems of their own.

Wellbeing supervision can be tailored to the unique needs of your organisation and employees with flexibility in duration and frequency of supervision sessions to provide the best outcome for the individuals being supported.

Our wellbeing supervision and support services are built on the same robust methodologies we use to provide support to our own staff - giving us confidence in the quality and effectiveness of the support that we can provide to your business.

# EMPOWERING INDIVIDUALS



Supports  
At-risk Roles



Enhances Performance  
& Wellbeing



Delivered by Senior  
Practitioners



Delivers High  
Impact



Meeting Applicable  
Statutory Requirements

## WELLBEING EDUCATION

### FOR ALL EMPLOYEES

Our wellbeing education programmes promote an internal culture of wellbeing throughout your organisation whilst helping staff achieve a more in-depth understanding.

We have developed a programme of employee workshops focused on developing an internal culture of wellbeing, and our Training & Development team can also create tailor-made programmes and specialist workshops to meet your organisations unique needs.

### SUPPORTING MANAGERS

We provide training specifically for those with management responsibilities to help them identify mental health issues in the workplace and learn how and when to intervene. We've found that developing these skills in key positions within your organisation can help to prevent employee absence and improve wellbeing in the workplace overall.



Engaging &  
Interactive



Practical &  
Relatable



Reach More  
People



Enhances Performance  
& Wellbeing



Bespoke  
Sessions





# WELLBEING CULTURE

## EMPLOYEE COUNSELLING

Our employee counselling service provides tailored support to individuals as part of a whole workplace programme. Quick access to confidential telephone and video sessions with one of our professional counselling staff provides anyone who is struggling with a space to develop an understanding of and manage their feelings, thoughts and behaviors.

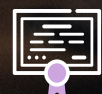
We work with you to create a bespoke workplace employee counselling service that is shaped around your organisation's needs. Our in-house counselling team features professionals with a wide variety of specialities and background experiences allowing us to provide support specific to whatever someone may be struggling with.



Draws on Latest  
Clinical Practice



Supports Wide  
Range of Issues



BACP Accredited  
Counsellors



Remote  
Delivery



Proven to Improve  
Wellbeing





## WHO WE WORK WITH

We provide mental health and wellbeing support to a number of organisations and partners throughout the UK including:



For more information on our services, please get in touch.

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