



**Mentell**

**MENTELL WORKPLACE WELLBEING  
AWARENESS & TRAINING PROGRAMMES**

**WHO WE ARE  
AND WHAT  
WE DO**



# Mentell's mission is simple: to reduce male suicide

**In 2024, 5,717 deaths were registered as suicide in the UK, with 75% of these being men.**

Statistically, the biggest killer of a man under 50 is himself. Mentell is a UK charity actively working to reduce these numbers by providing weekly peer-to-peer support groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Our Community Champions work tirelessly in local communities and with the care

sector up and down the country to raise awareness of mental health and the service that we offer.

Our workplace wellbeing team mirrors these efforts in organisations such as yours in two streams. The first is **community awareness** events helping to raise awareness of mental health in your workplace and to get the conversation started. The second stream is through **CPD accredited training** helping to develop skills and confidence around mental health and wellbeing. All services have been carefully designed from years of developing insights on the ground in our communities

and from our member experiences in circle. Our workplace wellbeing programmes are open to all colleagues regardless of gender and position in your organisation.

By supporting Mentell through either of these corporate services, your contribution goes towards keeping our weekly service alive, and towards keeping a man alive.

Thank you for recognising that there is a need in your organisation for employee wellbeing support. Please do take some time to take a look through the following pages, and we would be delighted to support you and your teams. ●

**WHY WORK  
WITH US?**



# It's been suggested that 1 suicide affects a network of 135 people

**Since 2017, we have run successful awareness campaigns in local communities across the UK through our Turn Your Borough Blue initiative.**

This campaign runs in many community venues, and we also recognise that a lot of us spend most of our daily time at work in some form or another. We also recognise the legal obligation that employers have towards employees with regards to mental health support. Over the years we have developed significant insights from our community work and the experience

of members who attend our circles. Our awareness and training workshop programmes have been developed with this in mind ensuring that our content remains live, real and accompanied with appropriate tools to support mental wellbeing in your organisation.

Further, we are experts in mental health with a diverse range of voices and experience across our membership, volunteers and staff members.

Having an established presence in local communities and businesses across the country, we stand at the forefront of creating real improvement in men's lives. ●



# THE IMPORTANCE FOR YOUR ORGANISATION

## Prioritising workplace wellbeing is now critical for employers, especially where mental wellbeing is cited as an increasing issue in the workplace.

Stress, depression, and anxiety accounted for 22 million working days lost in 2024/25<sup>1</sup>. A recent government report has also suggested that due to sickness absence, employers can lose on average £120 profit per day, equivalent to £43,800 annually<sup>2</sup>.

Employers that recognise and face the issue head on stand to gain as Deloitte suggests that an average return on investment in workplace wellbeing of 1:4.7 can be achieved<sup>3</sup>. In other words **for every £100 invested in your employees, a return of £470 is possible.**

Those that make this investment are likely to stand out from the competition by improving productivity, profitability and performance, demonstrating that your organisation is a great place to work. ●

## WHY WORK WITH US?

Mentell offers organisations a unique opportunity to support employees through our workplace wellbeing Awareness and Training programmes. These have been carefully designed from years of real insights working on the ground in local communities and learning from our member's experiences in our weekly circles.

We are experts in raising awareness of mental health and improving the lives of thousands of people. With Community Awareness days, we demonstrate how Mentell can support your employees and Mental Health First Aider's responsibilities. For more in-depth training, we offer CPD accredited training programmes on a range of mental wellbeing themes to empower your employees, line managers and executive teams to improve workplace culture. ●

<sup>1</sup> [www.hse.gov.uk/statistics/dayslost.htm](http://www.hse.gov.uk/statistics/dayslost.htm)

<sup>2</sup> [www.gov.uk/government/publications/keep-britain-working-review-final-report/keep-britain-working-final-report](http://www.gov.uk/government/publications/keep-britain-working-review-final-report/keep-britain-working-final-report)

<sup>3</sup> [www.deloitte.com/uk/en/about/press-room/poor-mental-health-costs-uk-employers-51-billion-a-year-for-employees.html](http://www.deloitte.com/uk/en/about/press-room/poor-mental-health-costs-uk-employers-51-billion-a-year-for-employees.html)



**COMMUNITY  
AWARENESS  
IN THE  
WORKPLACE**



**Our community team would be delighted to spend time with your colleagues on site raising awareness of men's mental health and the service that we provide.**

Be part of a thriving network of local organisations and care partners supporting the cause.

#### **WHAT'S INCLUDED?**

- Mentell Community team on site at your workplace for a full day (up to 8 hours).
- 2 key presentations (one morning and one afternoon) introducing Mentell, the 7 principles, and explaining how the weekly service works and how to access
- Time for private drop in sessions for your colleagues to ask any questions and find out more information
- Mini breakout sessions with ice breakers for informal conversations
- Presentation to HR and Mental Health Champions and First Aiders on the referral process.

## **HOW WILL IT BENEFIT MY WORKPLACE?**

- Get the conversation started around mental health in the workplace with experienced hands
- Provide an opportunity for colleagues to access 3rd party support and reduce potential fear and stigma around mental health
- Opportunity for your staff to speak directly with Mentell members and hear their experience of the service and Mentell community
- Reduce staff sickness & turnover, increase productivity & job satisfaction, and improve your brand value

### **EXAMPLE PROGRAMME**

- 9.00** Mentell team arrival and set up at location
- 10.00** **Morning Presentation:** Introduction to Mentell, the service and member's lived experience stories.
- 10.30** **Drop in sessions:** Time for 121s and your colleagues to ask questions and find out more.
- 12.00** **Mini Fun Fair:** Time over lunch to connect informally with each other.
- 14.00** A short break for the Mentell team.
- 14.30** **Afternoon Presentation:** Introduction to Mentell, the service and member's lived experience stories.
- 15.00** **MHFA & HR Presentation:** Introducing the Mentell referral process and discussions on collaboration.
- 15.30** **Drop In sessions:** Time for 121s and your colleague to ask questions and find out more.

# TRAINING WORKSHOPS



**Our training workshops help you to develop practical skills and knowledge to improve mental wellbeing in the workplace and beyond.**

#### **WHY TRAIN WITH MENTELL?**

An innovative training format developed from years of experience facilitating circles, designed for optimal learning

All workshops are CPD accredited

Accompanying handbooks to take away with a summary of all the key learning outcomes

Our trained facilitators bring their own lived experience into the space

## **WHAT DO I GET?**

- Full day workshops delivered on site at your workplace, covering topics in depth with plenty of time for discussion and reflection.
- 2 highly experienced Mentell facilitators expertly able to hold space
- A safe and confidential space free from judgement for optimal learning
- Ability for colleagues to create new or develop existing relationships with each other
- Improved confidence in managing mental health for one's self and for others.

# WORKSHOPS



# Listening Without Judgement

## WHO IS THIS WORKSHOP FOR?

This is a workshop suitable for all colleagues, and mental health champions to build confidence in having healthy conversations around mental wellbeing

## WHAT ARE THE COURSE AIMS?

The course aims to:

- Raise awareness of mental health
- Highlight how we can create space for ourselves

- Highlight how we can create space for others
- Develop understanding on how to acknowledge feelings and recognise needs
- Provide easy-to-implement skills and tips that can be used inside and outside the workplace.

## HOW MUCH IS IT?

Please contact us for pricing.

## LEARNING OUTCOMES

- Understand the importance of modelling vulnerability
- Understand what self awareness is and how to develop it
- Understand the importance of being present and actively listening
- Learn how to establish clarity and sense what's important following a person's share
- Learn how to effectively ask feeling focused questions
- Learn how to support a person sharing identify their needs

# Suicide Awareness

## WHO IS THIS WORKSHOP FOR?

This is a workshop suitable for all colleagues, and in particular Mental Health First Aiders or Mental Health Champions to help reduce the stigma around suicide.

## WHAT ARE THE COURSE AIMS?

The course aims to:

- Highlight the statistics around suicide and understand why someone might be feeling suicidal

- Develop techniques to listen and respond appropriately
- Understand what to do when someone has suicidal intent
- Provide easy-to-implement skills and tips that can be used inside and outside the workplace.

## HOW MUCH IS IT?

Please contact us for pricing.

## LEARNING OUTCOMES

- Understand the statistics and red flags around suicide and suicide risk
- Understand how to listen, respond and ask effective questions
- Know how to prepare to have a conversation with someone around suicide
- Recognise the principles of a safe and supportive space
- Distinguish between an emergency situation and a safeguarding risk, and know how to respond to each
- Identify and implement good self-care practices
- Know how to signpost to appropriate services

# Benefits of CPD accredited courses

**Continuing Professional Development (CPD) accredited courses are important for improving your organisational and teams performance.**

By providing professional opportunities for your colleagues, you can bridge skills gaps, increase employee engagement, and transform someone's personal and professional development from good to great. You can increase your organisation's value, employee satisfaction and retention, meaning that you stand out

from the competition and demonstrate commitment to your workforce. Professionals seeking development are becoming more selective and wanting to become more well-rounded. Our training workshops are focused on mental health and wellbeing, and they are purposefully designed to develop soft and interpersonal skills that can be used both inside and outside the workplace.

Mentell's training courses are accredited by the CPD Group demonstrating that we meet high quality training standards and criteria. By participating in our training programmes, your colleagues



can gain CPD credits to easily track and quantify their professional development, making for easier performance and development discussions.

**CPD accreditation means that you can fully trust Mentell to train your teams to a high standard. ●**



**Mentell**

Registered Charity No. 1187547



Contact the Corporate Wellbeing team for more information  
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**[www.mentell.org.uk](http://www.mentell.org.uk)**