



SIX MENTAL HEALTH SOLUTIONS

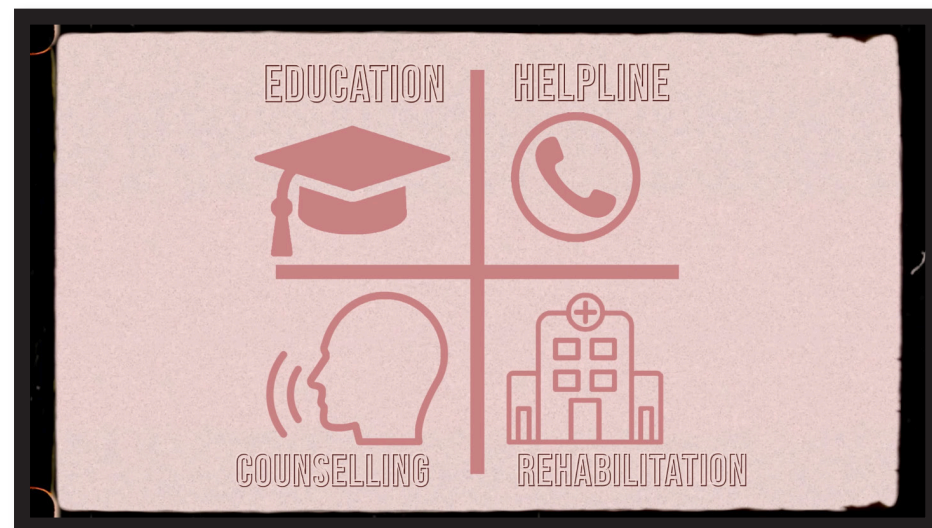
WHO WE ARE

TONY ADAMS MBE

SIX MHS is the brainchild of Tony Adams MBE, inspired by his own recovery from alcoholism and mental health issues, and his work with Sporting Chance, the charity he helped to start at the turn of the millennium. Tony has witnessed the workplace become an increasingly stressful and pressurised environment and formed SIX MHS to deliver solution-based education and treatment to the business community.



WE PROVIDE INTEGRATED TREATMENT SERVICES WITH AFTERCARE AND MAKE SURE OUR CLIENTS RECEIVE THE TREATMENT MOST APPROPRIATE TO THEIR CONDITION



Good Mental Health has never been of such paramount importance. Social Media, and now Covid-19, have completely changed the current landscape, creating unparalleled pressures, stresses and anxieties at all levels of the workforce.



OUR CORE SERVICES

EDUCATION

SIX MHS gives life-changing Educational Seminars and Awareness Programmes promoting mentally healthy work spaces. The topics these seminars cover range from: addiction to resilience; depression to leadership. We also run workshops and training days at our treatment facility.



HELPLINE

Our phone lines are manned by Level 4 Therapists to ensure the caller receives professional help and a safe place to share. We offer a 9am-5pm "live" service with an out of hours answering facility, or alternatively a fully encompassing 24/7, 365 option. This can be tailor-made to suit the size and needs of your company.



ONE-TO-ONE THERAPY

SIX MHS has a network of counsellors throughout the UK and Ireland. We pride ourselves on the quality and diversity of our therapists. Most clients are provided with a therapist within an hour of calling the helpline.



RESIDENTIAL TREATMENT

We have a holistic, residential treatment facility that specialises in substance addiction as well as behavioural addictions (such as gambling). It is located in a private lodge within the grounds of one of Champneys Spas, and benefits from all of Champneys excellent facilities. We have found that the physical therapy taken alongside the mental and emotional 12 step programme, is the ideal formula for recovery.



WHAT MAKES US DIFFERENT?

“ A lot of people were contacting me for help who were outside of the sporting world and I didn't know where to send them. I started SIX MHS so I could provide the services myself. This way I know that people are getting the best support on offer.

SIX MHS mentally and emotionally supports every part of the person's treatment. We take the call, provide the counsellor, facilitate treatment and provide aftercare. We believe this complete service is difficult for businesses to find elsewhere.



Tony Adams, MBE

Poor mental health costs UK employers up to £45 billion a year

We are a private and confidential external organisation that will handle all your company's mental health requirements



TRANSFORMING WORKPLACE MENTAL HEALTH



EXAMPLE OF A SIX MHS MENTAL HEALTH PACKAGE

- World class education seminars on a variety of subjects
- Wellbeing workshops
- Signposting Video
- Access to SIX MHS's Wellbeing App
- Induction day
- SIX MHS Mental Health Literature
- Mental health online assessment in the first year of the relationship with the client
- Conference presentations
- Mental Health toolbox
- SIX MHS aftercare recovery meeting
- SIGNPOSTING TO OUR MENTAL HEALTH SUPPORT SERVICES

GOOD MENTAL HEALTH BENEFITS TO YOUR COMPANY

Financial rewards: We take a snapshot of the mental health provisions that your company has in place today and then after the first year of support from SIX MHS review progress. Our provision will save sick days and improve productivity.

Legal: You have a legal responsibility for your employees mental health

Employee Satisfaction

Great PR: Your company is an industry leader in mental health and employee welfare

For more information on how we work at SIX MHS, our services and how we can support your business, please contact Cath on 0800 2100 777 or email: cath@sixmhs.com

EDUCATION

SIX MHS SEMINARS

We deliver a spectrum of seminars that includes: Resilience and Self-care; Gambling and other Destructive Behaviours; Emotional Balance; Healthy Lifestyle Maintenance; Wellbeing in the workplace and Asking for Help.

Some of the workshops we have developed include:

- Emotional and Mental Health: Thoughts & Feelings
- Gambling Awareness and Protection
- Substance Use and Misuse
- Wellbeing in the workplace
- Leadership seminars



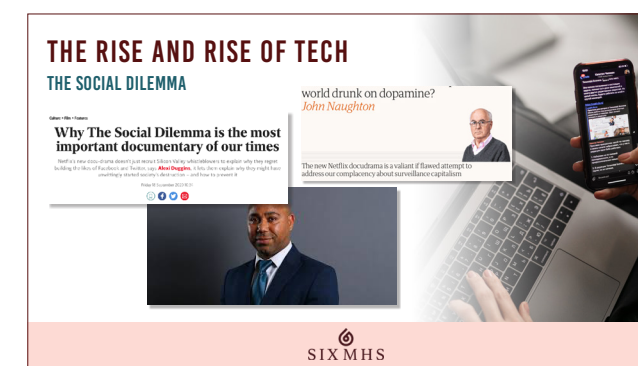
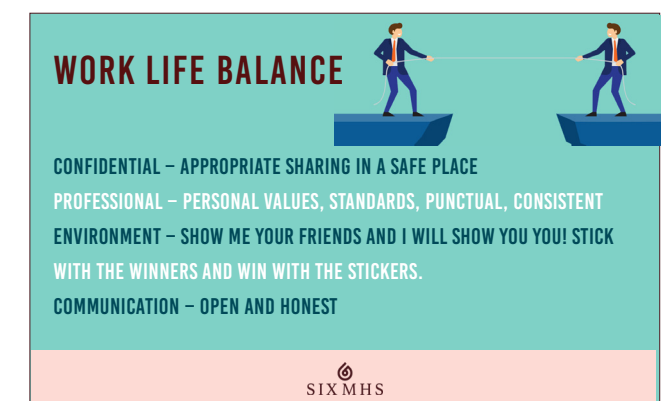
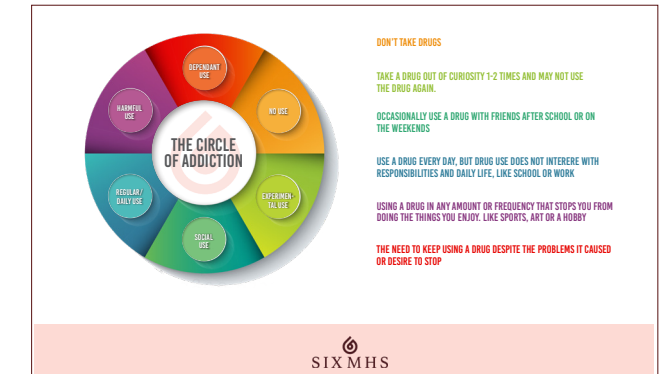
SIX MHS recognises that every working environment can be stressful – whether at home, on the road or office-based – now further exacerbated by the current pressures of isolation and anxiety resulting from the Covid-19 situation.

We have a proven track record of delivering mental health, emotional wellbeing and self-care education that is tailored to the audience.

We believe relevant and solid education is key to making staff feel valued and secure in the knowledge that if they reach out for help, SIX MHS will be there to support them. Many staff at SIX MHS have had, and dealt with, their own mental health issues – whether this be depression, anxiety or addiction. This wealth of personal experience enables our staff to empathise and connect when an employee reaches out for help.

We always welcome enquiries from those interested in finding out more about our range of educational seminars and how we might adapt seminars for their particular organisation. Drop us a line to see how we can help you or your business.

ADDICTION • DEPRESSION • LEADERSHIP • MENTAL HEALTH
WELLBEING IN THE WORKPLACE • TRAUMA

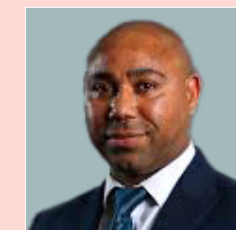


ALL SIGNPOSTING TO THE HELP YOU NEED

We have a wide spread of speakers, covering the full spectrum of mental health and addiction.



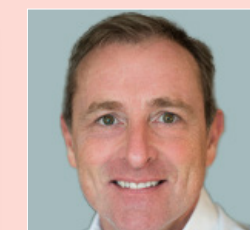
Tony Adams, MBE



Jeff Whitley



Andrea Preston



Dr Benedict Eccles



Steve Shotton

CLINICAL SERVICES



24/7, 365 HELPLINE

YOUR OWN PERSONAL HELPLINE

Our phone lines are staffed by Level 4 Therapists to ensure each caller receives professional help and a safe place to share. We offer a 9-5 with an out-of-hours answering service and a 24/7, 365, option tailor made for the size of your company. When someone reaches out from your company, our operator will know it is one of your staff members calling. Additionally, our staff are trained to offer advice and support to line managers should they have any mental health concerns regarding their staff.



WE DON'T JUST PICK UP THE PHONE, OUR TEAM TAKES GREAT CARE IN FINDING THE RIGHT MATCH FOR EVERY CLIENT

"We are both proud of and excited by our partnership with SIX MHS. The wellbeing of colleagues is a central focus for Jewson and access to mental health support has never been more important. SIX brings a profile that will raise awareness, with experience and expertise to enable us to improve wellbeing and encourage positive mental health. We're at the early stages of our journey together and initial feedback has been excellent – it's really making a positive difference to colleagues."

James Wallace,
HR Business Partner

CLINICAL SERVICES



ONE-TO-ONE THERAPY

NATIONAL NETWORK OF COUNSELLORS

All SIX MHS practitioners are vetted as to their qualification, experience, place of work and suitability to a minimum of BACP standards or the relevant qualification in their field. All employee referrals will start with an assessment that will inform the individual's care plan.

The model we propose begins with a professional assessment which, in turn, determines a bespoke care plan. This will be followed by a Treatment Summary Report delivered to the Clinical Director of SIX MHS (confidentiality assured).



WE HAVE A RELATIONSHIP WITH EACH OF OUR COUNSELLORS TO MAKE SURE WE CAN FIND THE PERFECT SUPPORT

"We were immediately impressed with the responsiveness and attention to detail that was provided by Tony, Steve and the team at SIX MHS. They were able to share personal experiences and support our needs from day 1. We understood that it was very important to provide mental health support for our teams welfare and found SIX MHS to be the best choice for providing this."

David Rogers , Managing Director,
Lavazza Coffee (UK) Ltd

CLINICAL SERVICES



RESIDENTIAL TREATMENT

BASED IN A PRIVATE LODGE AT A CHAMPNEYS SPA

AN INTEGRATIVE APPROACH TO ADDICTION TREATMENT

Clients with addiction issues can need residential treatment. At SIX MHS, we specialise in this area and, amongst our staff, have over a hundred years of recovery from addictive substances.

SIX MHS's unique programme of recovery incorporating the physical side of the illness was originally set up by our Chairman for his charity, Sporting Chance. The Treatment Lead will take the client through a holistic life changing reconstruction.

Addiction can manifest itself in a multitude of forms - we provide treatment for addictions to alcohol, drugs (prescription or other), eating disorders, gambling, gaming, social media addiction or sex addiction in a safe, controlled environment that is tailored to support the initial stages of rehabilitation.

Our tried and tested group therapy model provides a safe environment in which clients gain valuable insights into their relationships with themselves, other people and the substances or behaviours of their addiction.

TREATMENT PROGRAMMES ARE DESIGNED TO
EMPOWER INDIVIDUALS TO MAKE LASTING CHANGES
IN THEIR LIVES



CLINICAL SERVICES

ACCESS TO THE EXCELLENT CHAMPNEYS GYM AND RECREATIONAL FACILITIES



WE SPECIALISE IN SUBSTANCE ADDICTION AS WELL AS BEHAVIOURAL ADDICTIONS SUCH AS GAMBLING





SIX MENTAL HEALTH SOLUTIONS

For more information on how we work at SIX MHS, our services, please contact Cath on
0800 2100 777 or email: cath@sixmhs.com