

Face to face:

Peter provides this service in: Surrey Sussex & East Hampshire. The costs which include any handouts are:

- ✦ Initial assessment £15.00
- ✦ On site is £40 per hour or pro rata. Expenses such as travel are in addition; remote working is £20 per hour or pro rata.
NO VAT



Peter Christison: Formerly a mental health promotion specialist in the NHS, has over 18 years training experience in the field of mental health; over 10 years of which is in the workplace setting.

He worked for over 6 years with mental health support groups, supporting and empowering people with mental ill health. He has substantial mental well being coaching experience with those suffering from mild mental ill health and adverse stress. He runs stress management and well being training courses for all types of organisations; having written 'Healthy Minds in your Workplace' in 2002, which was used by pilot sites for HSE stress management standards.

Peter Christison & Associates



HEALTHY MINDS
in your workplace

**Specialist Workplace Health
Consultancy and Training**

Established since 1995

In Workplace Health & Mental Health

**Well being & mild mental health
problems health coaching**

(Telephone or Webcam/Skype and Face to face)

**Compatible with the 'No health without
Mental Health' Government Strategy**

Contact Peter Christison in confidence

Tel: (01903) 742434 or 0778 78 6639 or

Email: info@healthymindsinyourworkplace.com

www.healthymindsinyourworkplace.com

What people say about this service:

"This service has been more focussed than previous CBT, and rapidly produced helpful techniques to build on my self-help mechanisms improving my self esteem. It put in place strategies to prevent workplace stress in the future. The partnership working between Peter, my Line Manager and HR gave me confidence and improved my recovery"
Manager Waverley Borough Council.

"I recently had to call upon Peter Christison, with regard to stress in the workplace and found his professional expertise and easy manner to be most effective. I would certainly have no hesitation in recommending him to other people" Reverend Stephen Turrell.

Well-being & mild mental health problems health coaching

This variety of coaching is focussed entirely on the health of the person, addressing their mental and associated physical health. It is compatible with the principles of the governments 'No health without Mental Health' strategy launched on 02. 02. 2011. The client is subject to an assessment to ensure this is an appropriate service. The usual number of sessions required is between 3 and 5.

Main aims and criteria for the service:

- ✚ To provide the person with tailored self help skills to prevent the deterioration of their health, combat adverse stress and mild depression and where relevant keep them in work; this may also need the face to face case management service that provides advice and support also to the employer.
- ✚ To give the person skills to tackle Presenteeism 'Ill while at work' & enhance their well being against future risk factors that will negatively impact on their mental health and cause adverse stress.

It is unsuitable for those with addictions or alcohol and substance abuse issues, or a person suffering at the time from an episode of severe mental ill health, or psychosis. It is **not** counselling.

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Techniques used in this Service

There is a vast range of 'well being' techniques publicised to support people's health. This robust well evaluated self- help service utilises learned self- help techniques including:

- ✚ CBT style 'challenge negative' thinking techniques used on a day to day basis
- ✚ Advice on tackling causal workplace or personal risk factors; if appropriate.
- ✚ Modern stress management & mild depression busting methods, including mindfulness meditation.
- ✚ Up to date physical health promotion advice
- ✚ Behavioural change skills & support: where needed
- ✚ Using self -discussion techniques that become part of day to day existence
- ✚ Health information, can be specific fact sheets for the person, and 'sign posting' to other services by us where necessary

Geographical area of the service and costs:

Telephone. Web cam or Skype I offer this option subject to clients IT facilities as an alternative.

This service is available to clients' throughout the UK.

Costs: (NO VAT) Assessments £15.00. This is undertaken in part of the first session, and if the client meets the criteria the remaining part of that session 1 hour session of coaching is free.

£20.00 per hour or pro rata to the hour; plus all expenses. These will include phone calls made to mobile phones; other phone charges are free within the UK.

An evening service can be available at a cost of £25.00 per hour
Remote working charges are £20.00 per hour or pro rata.