



S I X M H S

SIX MENTAL HEALTH SOLUTIONS

# About us:

## 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.



SIX MHS has a national network of therapists, counsellors and psychotherapists with a large number of independent practitioners and partner organisations.

**"WE MENTALLY AND EMOTIONALLY SUPPORT EVERY PART OF THE PERSON'S RECOVERY. WE ARE A PRIVATE AND CONFIDENTIAL EXTERNAL FACILITY THAT WILL HANDLE ALL YOUR COMPANY'S MENTAL HEALTH REQUIREMENTS."**

### How it works:

We will strive to work seamlessly with your existing mental health and well-being services for your employees.

Any delivery plan will be co-created with stakeholders from Wellbeing and Occupational Health departments.

Our triage process will specifically dovetail with your assisting outside provider services.

Our services will operate in context of your existing policies and procedures so as not to disrupt nor create additional workload.



We will co-design evaluation processes with key metrics that add data value to your existing measurements for wellbeing and mental health.

SIX MHS gives life-changing Educational Addiction Seminars and Awareness Programmes

SIX MHS will allocate an Education Lead to work with your wellbeing lead to co-ordinate an agreed education programme across the organisation.

**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 Services



## EDUCATION

- Education Seminars & Awareness Programmes
- SIX MHS's Wellbeing App and Literature
- Consultancy & Workforce Training



## HELPLINE

### Head of Triage & Safeguarding Lead

Our Director of Triage and Safeguarding Lead is Catrina, a Registered Mental Health Nurse (RMN). She supervises call operation, creates the necessary processes and pathways, and coordinates the Network of Counsellors.

### 24/7 Mental Health Helpline

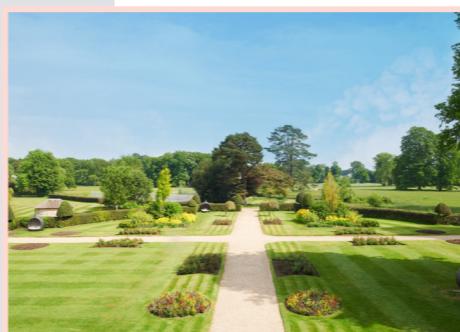
The helpline is staffed by qualified mental health professionals to ensure each caller receives appropriate help and a safe place to share.



## ONE-TO-ONE THERAPY

### Network of Counsellors – One-to-one Therapy

All practitioners are vetted for their specialisms, experience, place of work, suitability and qualifications (to a minimum of BACP standards or the relevant qualification in their field). They all operate within guidelines and principles established with SIX MHS.



## ADDICITON RECOVERY SERVICES

- SIX MHS's Therapy Network
- SIX MHS's Online Recovery Meetings
- SIX MHS's 90/90 Project
- Peer Support

- Family Support
- Exercise Therapy
- Residential Programmes
- Detox \*

\*through our partners

# 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

For more information on how we work at SIX MHS, our services and how we can support your business, please call 0800 2100 777 or email: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)

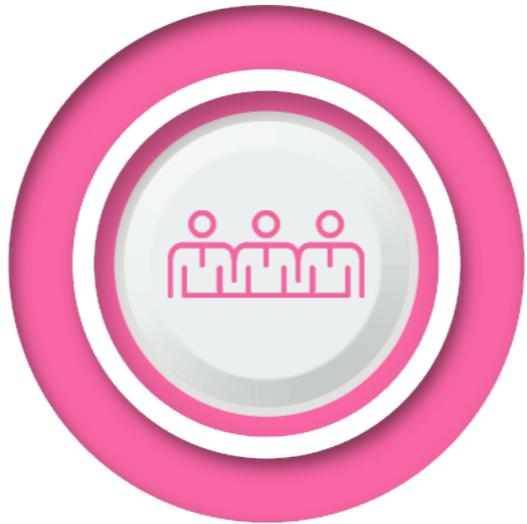
**We are a private and confidential external organisation that will handle all your company's mental health requirements**

## Education



## Helpline

## Network of Counsellors



## Addiction Recovery Services



## GOOD MENTAL HEALTH BENEFITS TO YOUR COMPANY

Employee Satisfaction

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

Legal: You have a legal responsibility for your employee's mental health

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.

**We work alongside existing engagement strategies to enhance wellbeing and performance**

- We will partner with you, in collaboration with colleagues from HR, Wellbeing and Occupational Health departments, to develop engagement and awareness plans that meet the needs of your business
- We can work with you to design evaluation processes to help measure improvements in wellbeing and mental health across your organisation
- We have no waiting list - your employees are able to access appropriate help and signposting immediately

**POOR MENTAL HEALTH COSTS UK EMPLOYERS UP TO £45 BILLION A YEAR**

# **Education, Training & Consultancy**



## SIX MHS SEMINARS

SIX MHS delivers life-changing Education Seminars promoting mentally healthy workspaces

**WORKSHOPS & SEMINARS TAILORED TO YOUR BUSINESS**

## How it works:

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

Our belief is that the whole can only be as mentally well as the sum of its parts, and it is the wellbeing of the individuals which creates the wellbeing of the company and vice-versa.

SIX MHS will allocate an Education Lead to work with clients to create an employee-facing curriculum and syllabus, designed to engage with all in the business, and which echoes the client's culture. We believe the programme should strive to increase both collective and individual knowledge, and increase awareness of the topic of mental health and the resources and pathways available to those in need.



SIX MHS seminars include three elements: Information and Teaching; Participant Reflection & Application; and Personal Experience (provided by an individual relevant to the subject). All sessions have clear learning objectives and a system of participant feedback. Employee-facing seminars will usually last 45 – 60 minutes.



WELLBEING EVENTS

## **SIX MHS MENTAL WELLBEING EVENT**

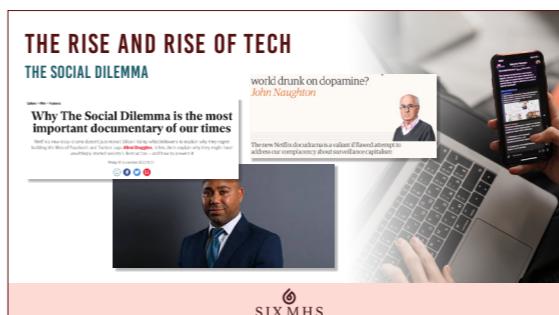
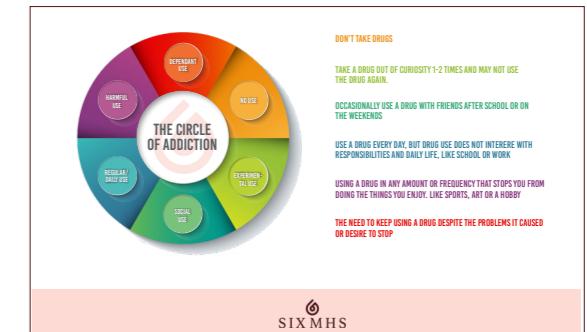
VIRTUAL EVENT STARTING SHORTLY..



We provide a wide range of education sessions that are tailored to your requirements. Some of the topics covered by our seminars and workshops include:

# EMOTIONAL & MENTAL HEALTH • RESILIENCE & SELF-CARE • LEADERSHIP • WELLBEING IN THE WORKPLACE • ANXIETY & DEPRESSION • DESTRUCTIVE BEHAVIOURS

## ALL SIGNPOSTING TO THE HELP YOU NEED



## **ADDITIONAL EDUCATION ACTIVITIES AND SERVICES:**

- Signposting video message
  - Access to SIX MHS's Wellbeing App
  - SIX MHS's Mental Health Literature
  - SIX MHS's Online recovery meeting
  - Social media - positive messages about addiction and breaking down stigma

Mental Health Consultancy

We work alongside existing engagement strategies to enhance wellbeing and performance

SIX MHS CORPORATE CONSULTANCY

Our team will work with you to develop further your organisational approaches to promoting mental health and wellbeing. SIX MHS has considerable experience of consulting with organisations. Specifically, we can work with your HR and People function, groups of managers and leaders, as well as your mental health first aid team to help your organisation look at wellbeing policies, leadership and management cultures and equality issues.



## We can help you to:

- Understand the full context of mental health and wellbeing at work
  - Audit your organisation's processes for enablers and barriers to promoting employee wellbeing through bespoke survey design and focus groups
  - Identify current issues and challenges being faced by employees and employers
  - Identify important and easy ways to develop your wellbeing strategies and wider organisational policies
  - See how promoting equality, diversity and inclusion directly impacts upon employees' wellbeing
  - Train and accredit Mental Health First Aiders and Mental Health Champions and supervise and mentor this function

# Mental Health Services



24/7, 365 HELPLINE

## 24/7 access to trained mental health professionals

ALL THE WORK WE DO WITH CLIENTS AND THEIR EMPLOYEES IS COMPLETELY CONFIDENTIAL

### How it works:

SIX MHS provides a Clinical Lead to work alongside the Education Lead, and who has direct contact with your welfare and HR departments. We propose a structure that involves regular meetings and milestones with the relevant departments. The SIX MHS Clinical Lead will triage and care-plan as part of a multi-disciplinary team with the appropriate practitioners. We have a broad understanding of all conditions that fall under the mental health banner.

Each client is provided with a specific helpline number, which allows the triage team to identify which client the employee is calling from. The triage team can also be contacted by email: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)

The pathway from triage will be to SIX MHS's national network of therapists, counsellors and specialists including psychologists and psychotherapists. All client employee referrals will start with an assessment that will inform the individual's care plan.

We offer a treatment framework that is person-centred. Typically, treatments would contain: initial sessions for assessment of needs and care plan formulation, an interim review to ensure efficacy and then closing sessions to empower individuals to establish ongoing self-maintenance. If appropriate aftercare will also be provided.

Treatment completion will be followed by a Treatment Summary Report delivered to the Clinical Lead. Any information sharing is undertaken with full consent from clients and confidentiality is assured.

Our experience suggests that there is no one-size-fits-all treatment. Our framework is therefore tailored to the individual needs of each client, utilising a person-centred approach. This allows us to be flexible and manage any variations.



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

### From our partners:

'The service & support our people have received from the Six team, especially in these very difficult times, has been way above my high expectations. The letters/emails I have had from our colleagues who have reached out for support has been truly uplifting and humbling. This is one of the best support services we have ever put in place and is literally saving lives and having a massive impact where needed. Well done to the teams'

Neil Lawrence, COO Jewson

'We were immediately impressed with the responsiveness and attention to detail that was provided by Tony, Steve and the team at SixMHS . 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 team's welfare and found Six MHS to be the best choice for providing this '

David Rogers, Lavazza Coffee (UK) Ltd Managing Director 2013 - 2021



ONE-TO-ONE THERAPY

**SIX MHS provides confidential and quick access to professional mental and emotional health services**

**SIX MHS HAS A LARGE NETWORK OF QUALIFIED, FULLY INSURED COUNSELLORS COVERING THE WHOLE OF THE UK**

### How it works:

SIX MHS manages a national network of therapists, counsellors and specialists, including psychologists and psychotherapists. We have independent practitioners and partner organisations in the network.

All practitioners and organisations are vetted for their qualification, specialism, experience, place of work and suitability to a minimum of BACP standards or the relevant qualification in their field, and they all operate within guidelines and principles established with SIX MHS.

This network of expertise allows us to match each individual caller with a practitioner with experience of their condition, within a 45 minute travel time of their home or Branch. This process is usually completed within 24 hours.

On occasions where we receive an enquiry that requires a specialist who is not represented in a geographical area, or our therapists in that area are already at full capacity, we have therapists who are able to provide remote sessions online or by phone.

We are committed to providing the best possible person-centred care for each caller. Our diverse network of counsellors includes culturally sensitive and multi-lingual therapists, as well as those happy to deliver sessions through a variety of platforms, to enable us to find a practitioner to suit each caller's requirements.

For more information on how we work at SIX MHS, our services and how we can support your business, please call 0800 2100 777 or email: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)



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

### From our clients:

'it's a breath of fresh air talking to someone new, who is so supportive and lovely, I am so glad I finally plucked up the courage to do it.'

'Very happy to say i've struggled and i'm getting supported through the current roller coasters of my life. Thank you Jewson and also Saint-Gobain for offering this to your employees and also massive shout out to Tony Adams for having a superb support team .....THANK YOU!!'

'Utterly amazing mental health support'

'Where would I be without your support?

The support from you and your team and the help you have given me as a person has literally saved my life on more than one occasion. You have given me words of hope and encouragement.'

# Addiction Recovery Services

## ADDICTION RECOVERY SERVICES

**Start your recovery from addictions and dependency in a safe place.**

### EXPERT-LED HOLISTIC BEHAVIOURAL HEALTH AND ADDICTION TREATMENT

#### How it works:

When it comes to successful, lifelong recovery, addiction treatment is just the beginning.

We provide friendly, non-judgemental support, no matter what dependency you have or what you have been through in the past. Many of our staff have lived experience of addiction themselves, so can understand what you're going through.

We also know that every person is unique. That's why we offer a range of different treatment options, from programmes that can support people to become completely abstinent to harm reduction and advice on moderating. therapists. All client employee referrals will start with an assessment that will inform the individual's care plan.

Everyone's journey is different and we treat every client holistically. We try to match the appropriate therapeutic solution to the client. At SIX MHS, we specialise in this area and, amongst our staff, have over 100 years of recovery from addictive substances.

SIX MHS encourages a programme of recovery that encompasses the physical and mental health of the whole person, as pioneered by our CEO for his charity, Sporting Chance.

SIX MHS does not utilise a prescriptive approach. We believe in building the recovery plan around the individual's unique needs, collaborating with the client to understand their preferences.



#### 360° HOLISTIC RECOVERY



\*\* Based on the lived experience of our team, this is our recommended pathway, but we can support clients with other models if they prefer.

\*Arranged through our partners

## RESIDENTIAL TREATMENT

**Holistic residential treatment.**

### AN INTEGRATIVE APPROACH TO ADDICTION TREATMENT

Addiction can manifest itself in a multitude of forms - we provide treatment for addictions to alcohol, drugs (prescription or other), gambling, gaming, social media, sex and also for eating disorders 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.



#### How it works:

We believe that there is no such thing as an effective one-size-fits-all treatment for addiction, so we are committed to providing our clients with specialist treatment and focused care.

We understand that residential treatment can be a daunting prospect, at least at first. However, intensive residential treatment can have an incredibly positive impact on an individual's health, wellbeing and quality of life. It provides the time, care and attention that is needed to fully address mental, emotional and physical issues, and take steps towards the happy and fulfilling life that each person deserves.

If required, the first step may be for clients to undergo a medically assisted detoxification programme, to manage the withdrawal state as any traces of drugs and/or alcohol are eliminated from their system. Once detox has been completed, clients are then able to transition directly to our rigorous therapy programme, in order to tackle the psychological side of their addiction.

The length of any residential stay will be tailored to each individual's need, following assessment. We are also able to provide a variety of options to accommodate different financial considerations and personal preferences.



**Treatment is available for substance addiction as well as behavioural addictions such as gambling addiction, sex addiction and internet addiction.**



Residential Treatment includes:

**HOLOSTIC RESIDENTIAL PROGRAMMES • DELICIOUS MEALS  
FULLY-EQUIPPED GYM AND ALL OF THE ACCOMPANYING SPA FACILITIES\*  
OFF-SITE ACTIVITIES AND EXCURSIONS • BEAUTIFUL PRIVATE GARDENS\***

\* Location Dependent



## SIX MENTAL HEALTH SOLUTIONS

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