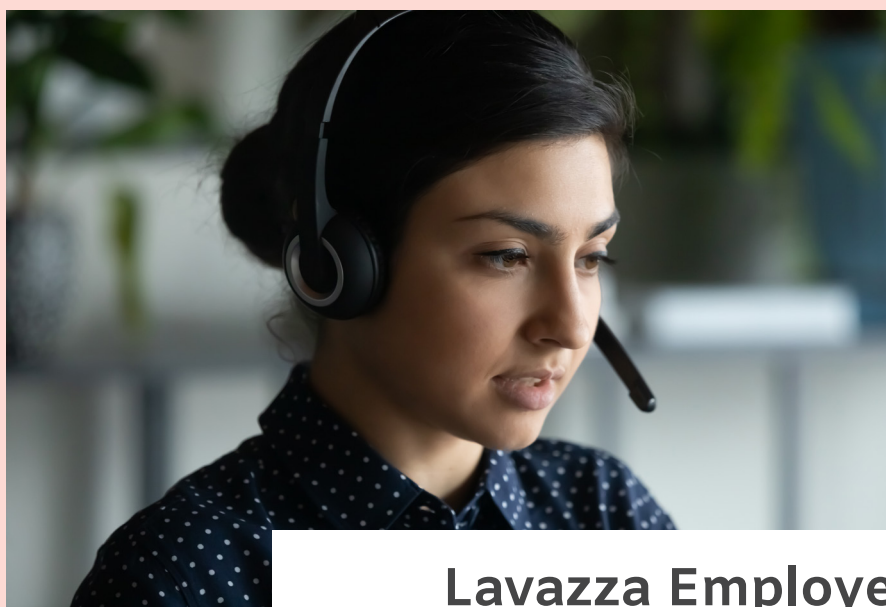




SIX MENTAL HEALTH SOLUTIONS

EDUCATION • 24/7 HELPLINE • ONE-ONE-THERAPY • RESIDENTIAL TREATMENT

ARE YOU STRUGGLING WITH YOUR MENTAL HEALTH?



Lavazza Employees' have their own
confidential, Helpline:

0800 880 7373

helpline@sixmhs.com



“ SOMETIMES THE HARDEST THING
IN THE WORLD IS ADMITTING YOU
NEED HELP. ” *TONY ADAMS*

LAVAZZA

TORINO, ITALIA, 1895

“SOMETIMES THE HARDEST THING IN THE WORLD IS ADMITTING YOU NEED HELP.”

TONY ADAMS



IF YOU ARE
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WE'RE HERE
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We provide confidential
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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.

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