

SIX MHS SERVICES

These services are available for Champneys employees.
We are here for you – please don't hesitate to give us a call.
Just pick up the phone or send us a message



24/7 Helpline: 0800 880 7373 helpline@sixmhs.com



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).

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.



ADDICTION 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



SIX MENTAL HEALTH SOLUTIONS

SIX MHS APP

Download the SIX MHS app for instant access to a host of wellbeing tools and support resources, including information about our services and how to get in touch with us.

LAVAZZA
TORINO, ITALIA, 1895



Download on the
 App Store



GET IT ON
 Google Play

Search for SIX MHS in the Google Play, or Apple app stores.

Lavazza Log-in LVZ-489-754



SIX MENTAL HEALTH SOLUTIONS