



Everymind Lite

Never worry about creating a wellbeing initiative again.

Access ready-to-go wellbeing initiatives and resources for more than 25 awareness dates across the year.





“Our mission is to reinvent the way that organisations approach wellbeing. We’re fed up with the tried and failed wellbeing initiatives, the ‘tick box’ reward programmes and the backward approach of EAPs. It’s time for us to move away from the reactive approach to wellbeing.”

P McGregor

Founder, Everymind at Work

THE TRUTH

We all have mental health.



Our ‘personal lives’ and our ‘work lives’ are intrinsically linked, creating a ripple effect that cascades into the workplace. For every stress or mental health related absence, there’s an operational impact on team members, HR and the business. For every employee struggling in silence, somewhere out there a family feels the impact. For every manager that doesn’t understand how to support team wellbeing, there’s an impact on culture, performance and retention.

This is the reality.

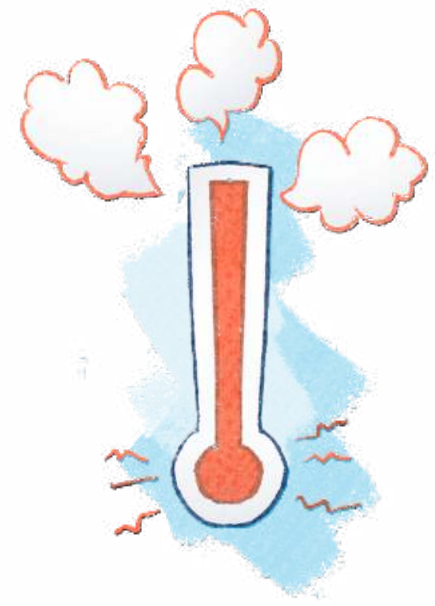
It’s time to recognise there is no ‘one size fits all’ approach to mental health, silently we’ve been calling for a new approach where employees are proactively supported, helping to prevent as many individuals from reaching crisis stage as possible.

Businesses have been spending more on wellbeing, yet employee outcomes aren't improving.

There are two reasons why. Reactive solutions like EAPs and MHFAs do not focus on prevention and secondly, businesses are still guessing at what employees need when it comes to wellbeing support.



**[deloitte.com/uk/poor-mental-health-costs-uk-employers-up-to-pound-56-billion-a-year](https://www.deloitte.com/uk/poor-mental-health-costs-uk-employers-up-to-pound-56-billion-a-year)*



*Waiting for individuals
to reach crisis **BEFORE**
taking action*

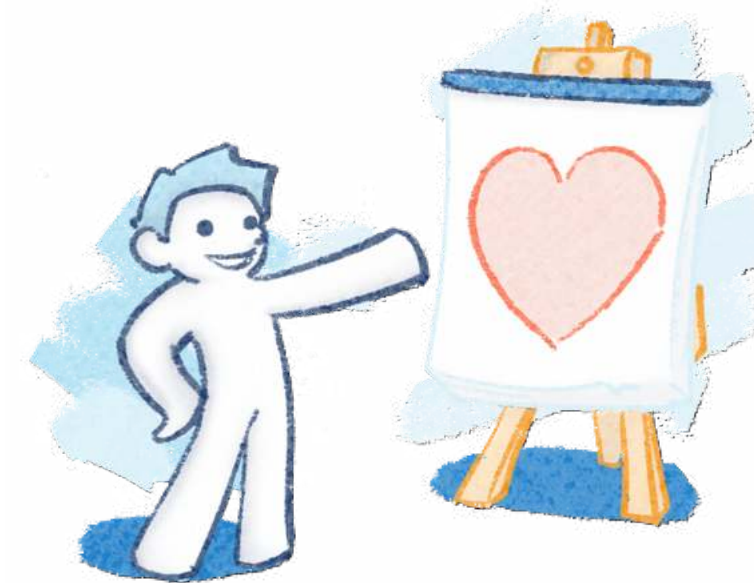


*Relying on EAPs and
reward programmes*

The hard (and reactive) way of dealing with mental wellbeing in the workplace...



*Guessing what your
employees need*



*Running 'one off'
wellbeing initiatives*



***Businesses are still leading with a
'reactive' approach in the workplace.***



What is Everymind Lite?



***Everymind Lite is your first step to
transform into a business that provides
proactive wellbeing support.***

We know it's a challenging climate

Right now, businesses and HR professionals are being asked to make cuts, potentially leaving employees without wellbeing support and simply hoping that crisis situations don't emerge.

Sadly, with mental health issues continuing to rise, there's never been a stronger case for proactive mental health and wellbeing support.

We built Everymind Lite to ensure that businesses can provide proactive wellbeing support to employees, at a lower cost. In summary, we give you subscription access to a 12-month wellbeing roadmap full of wellbeing initiatives, resources and webinars that cover 25+ key awareness dates across the year.

FEBRUARY

- 1 International Boost Self Esteem Month →
- 2 Time To Talk Day ♥
- 6-12 Children's Mental Health Week ♥

MARCH

- 1-7 Eating Disorder Awareness Week ♥
- 2 World Teen Mental Wellness Day →
- 8 International Women's Day ♥
- 19 World Sleep Day ♥

Your upcoming community webinars

22 MARCH

7 Tips To Improve Sleep - Online Session 📅

Time: 12-1pm
Date: 22nd March →

12 APRIL

How to Manage Stress & Avoid Burnout 📅

Time: 12pm - 1pm
Date: 12th April →

CONTENT YOU CAN LOOK FORWARD TO:

Community Webinars

Video Series

Awareness Campaigns

Guides

Posters

Toolkits

Interactive Exercises

Zoom Backgrounds

Plus more...

Proactive support that means you'll never have to worry about planning or creating a wellbeing initiative again.

Your 12-month wellbeing roadmap provides you with ready-to-go, clinically backed wellbeing resources on tap that you can send to your employees with confidence. Best of all, you'll no longer need to create the content yourself or try to 'be the expert', we give you the support you need.

Plus, the roadmap also includes any additional webinars or training workshops you book with us, bringing everything into one place.

A glimpse of what you'd receive this quarter

January

Financial Wellness Month

- Webinar with Lauren Callaghan on Money & Happiness
- Guide: 12 Ways to Cut Expenses
- Employer Document: Money & MH Stats
- 5-Part Financial Health Check Video Series

Low Mood Awareness

- Low Mood Awareness Employee Activity Pack: 4 Activities to Help Your Employees (based around mindfulness and presence)

February

Boost Self-Esteem Month

- Weekly self-esteem videos from Lauren Callaghan with follow-up exercises and activities

Time to Talk Day

- Conversation Starter Card Pack
- Everymind Zoom Backgrounds to Encourage Conversations
- Desk 'Here to Talk' Sign
- Opening Conversations Activity Guide for HR

March

World Sleep Day

- Community Webinar and Q&A on Sleep
- Awareness Article: Understanding Our Sleep Cycles
- Everymind Sleep Tips Poster

International Women's Day

- Self-Care Activities to Support You
- Awareness Poster: Menopause Myths & Facts
- Building A Mental Health & Wellbeing Plan

Access your wellbeing calendar for 2023

As part of taking on Everymind Lite, you'll get access to your own dashboard calendar view where you can view all of the wellbeing awareness days and initiatives planned for the year. You can also download any prepared resources in advance here.

You'll also receive email comms from an Everymind Wellbeing Consultant each month, giving you a full picture of what support you'll receive in advance of the dates.

January	February	March	April
<div>1-31 Financial Wellness Month</div> <div>16 Low Mood Awareness</div>	<div>1-28 International Boost Self-Esteem Month</div> <div>2 Time to Talk Day</div> <div>6-12 Children's Mental Health Awareness Week</div>	<div>2 World Teen Mental Wellness Day</div> <div>8 International Women's Day</div> <div>17 World Sleep Day</div>	<div>1-30 Stress Awareness Month</div> <div>2 World Autism Awareness Day</div>
July	August	May	June
<div>1-30 Anxiety Awareness Month</div> <div>30 International Day of Friendship</div>	<div>1-31 Boosting Resilience Month</div> <div>30 National Grief Awareness Day</div>	<div>1-31 National Share-A-Story Month</div> <div>13-20 Mental Health Awareness Week</div>	<div>1-30 Pride Month</div> <div>12-18 Men's Health Week</div>
September	October	November	December
<div>10 World Suicide Prevention Day</div> <div>18-24 International Week of Happiness at Work</div>	<div>10-16 OCD Awareness Week</div> <div>10 World Mental Health Day</div>	<div>13-17 Anti-Bullying Week</div> <div>13 World Kindness Day</div> <div>25 International Day For the Elimination of Violence Against Women</div>	<div>1-31 Christmas Mental Health</div>

That benefits of the roadmap...

- Provide a foundational layer of **proactive wellbeing support** to your employees.
- Receive support for **25+ wellbeing awareness dates** across the year.
- Access more than 9 **community webinars** for your employees, covering Stress Awareness Month, Mental Health Awareness Week, Stoptober and many more.
- Access a **range of content** that includes video series, guides, toolkits, campaigns, Zoom backgrounds, posters and webinars.
- **No longer feel overwhelmed** to create wellbeing resources last minute and get peace of mind that resources are **evidence-based**.
- **Bolster employee L&D** with educational, ongoing wellbeing content through the year.
- Provide **additional support to your MHFAs, Champions and Managers**, ensuring they have on-hand wellbeing resources to drive a supportive culture.

Who we're supporting

accenture

Lookers



Wates

M&S
BANK

your
COOP



Aldermore

brother
at your side



Julius Bär



GB Railfreight



Helping a range of businesses take a proactive approach to workplace wellbeing

What our customers are saying...

“

Everymind at Work's person-centered approach was a huge sell for us. The best thing about them is the people that work for them, plus the engaging content and support we receive is relevant, fresh and simple to use.



Kelly Osborne
Head of Health & Wellbeing



“

I was really sold by the roadmap and wellbeing calendar that supports workplace mental health. This means we're able to support HR's workload so that we don't miss out on important mental health days throughout the year that are crucial.



Cheryl Earle
Head of Human Resources



“

Jess and Paul's sessions were brilliant and the response we had was outstanding. More employees have been opening up and talking with us; the feedback we got was amazing and took us by surprise.



Joanne Aldridge
Head of Franchise



Real people. Real stories. Real passion.

With you every step of the way.

We've come a long way in a short space of time and it's all down to our people. Our personal experiences and expertise around mental health has allowed us to shape a unique approach to workplace wellbeing.

We're dedicated to helping you and your employees thrive by changing perspectives around mental health and providing that crucial layer of proactive support that sits at the heart of a happy, healthy and productive business.





Thank you

*Let's transform workplace mental wellbeing together by
delivering proactive support to your employees.*

everymindatwork.com