



# 1:1 support from Everymind

## We're here for you!

Being a Supporter is a meaningful and rewarding role, but it can sometimes feel like a lot to carry. That's why our 1:1 support team are here to give you guidance, reassurance, and space to reflect whenever you need it.

How do you feel?

Struggling Not okay Okay Good Great

Submit



[everymindconversations.com](https://everymindconversations.com)

## Reach out for support when you need to:

### Prepare

Get practical tips and confidence boosts before a difficult conversation.

### Check-in

Talk things through afterwards to reflect and ensure you're okay.

### Seek reassurance and guidance

If you're unsure about a situation, we'll help you find clarity.

### Debrief

Process challenging conversations and gain fresh perspective.

### Safeguarding

Access expert advice if you're worried about someone's safety.

## REMEMBER

We're here to help you avoid burnout and compassion fatigue, so you can stay confident, balanced, and energised in your role.

**With Everymind at Work, you're never on your own - we're always here to support you, so you can keep supporting others.**



Visit the web platform  
or scan the QR code  
to download the app!

