

Northants Working Minds

Creating happy, healthy workplaces that
prioritise mental health and wellbeing



Work and mental health

Visit mind.org.uk/workplace for lots more resources to support your mental health at work.

Is my workplace good for my mental health?

A job is good for your mental health by providing:

• Opportunities to work with others
• A supportive work environment
• Opportunities to learn and gain skills.

• Working together as a team and
that gives me a sense of self.
• Maintaining my self-esteem.

• If you are affected by your mental health problems
and experience depression, you might feel so
that you can't work.

• If you are affected, you can make some changes
to your mental health at work.

Why choose Northamptonshire Mind?

Over 60 years supporting our local communities

Training grounded in both lived and learned experience.

Delivered by expert facilitators who bring warmth and practical insight.

Access to follow-on services including counselling, coaching, and peer support.



Creating mentally healthy workplaces – because better mental health is everyone’s business

In today’s fast-paced working environment, mental health is business-critical. With one in four people experiencing a mental health problem in their lifetime and millions waiting for support the impact is felt in every workplace through absence, reduced productivity and low morale.

Northants Working Minds is the employee wellbeing offer from Northamptonshire Mind. Built on over 60 years of local expertise, it provides flexible, practical support to help

organisations create resilient, inclusive cultures where people can thrive.

Whether you are developing your wellbeing strategy or strengthening an existing one, we will work alongside you to deliver evidence-based solutions that make a measurable difference.

Alpha-Stim

Benefits for your workforce:

Reduces anxiety and low mood

Promotes calm, and emotional regulation

Improves sleep quality

Immediate and cumulative effects

Non-invasive and easy to use

Alpha-Stim

Fast, practical support for anxiety, mood, sleep and pain

Alpha-Stim is an award-winning cranial electrotherapy stimulation device that delivers a gentle electrical current via ear clips to support the brain and nervous system. Used within the NHS and workplaces nationwide, it is clinically evidenced to reduce symptoms of anxiety, depression, insomnia and pain.

We offer one-to-one or small group sessions delivered by trained staff. Organisations can rent (from £44 per month) or purchase devices for in-house use, with full guidance and support.

Ideal for supporting stress, burnout and resilience as part of a wider wellbeing strategy.

Rental prices start from £44 per month.



Workplace Training

Building confident, mentally healthy teams

Managers want to support their teams, but many feel unequipped to do so. Our expert-led training builds knowledge, confidence and practical skills to create open and supportive workplaces.

Core courses include:

Mental Health Awareness

Creating a Mentally Healthy Workplace

Managing Stress & Nurturing Self-care

Suicide Awareness

Understanding Self-Harm

Available online or in person at your workplace or in one of our 6 community hubs across the county from £40 per person.

Delivered by experienced facilitators with lived and professional expertise, our sessions are practical, engaging and tailored to your organisation.

Counselling

Professional, affordable support when it's needed most

We provide confidential counselling for employees at a highly competitive rate of **£40 per session**. Accessible in person or remotely, counselling supports staff experiencing:

Anxiety, stress and depression

Bereavement and loss

Workplace challenges

Relationship difficulties

Low confidence or self-esteem

Offering counselling demonstrates a clear commitment to your people and removes barriers to accessing timely support.



Menopause Awareness & Coaching

Creating inclusive, supportive workplaces

Menopause can significantly affect confidence, concentration and wellbeing, yet it is often overlooked at work. Our comprehensive programme helps organisations build understanding and practical support.

We offer:

Menopause Awareness Workshop (90 minutes)

Practical guidance on symptoms, impact and peer support.

Supporting Menopause in the Workplace (3 hours)

For managers and HR, covering symptoms, legal responsibilities, reasonable adjustments and supportive conversations.

One-to-One Menopause Coaching (90-minute initial consultation + 5 x 45-minute coaching sessions)

Delivered by a BACP-registered counsellor and certified coach, providing tailored, confidential support.

We also facilitate peer networks for menopause, ADHD and other wellbeing themes.

Interactive Wellbeing Workshops

Engaging sessions designed to strengthen connection & resilience

Food & Mood
(with ingredients provided)

Strategies to Manage Stress

Mindfulness

Mums Matter
(6-week perinatal wellbeing course)

Ideal for wellbeing days, team development or ongoing engagement initiatives.



Consultancy

Embed mental health into your organisational culture with expert consultancy on:

Equality, Diversity, Inclusion and Equity (EDIE)

Supporting neurodiversity in the workplace

Policy development and review

Strategic wellbeing planning

**Available as
one-off projects
or ongoing
partnerships**



Corporate Social Responsibility

Partner with purpose. Make a local impact.

Partnering with Northamptonshire Mind is a meaningful way to demonstrate your organisation's commitment to mental health.

Your support helps fund vital services, ensuring more people can access the mental health support they need. At the same time, CSR partnerships provide valuable opportunities to engage and motivate your team, strengthen your brand, and align your business with a trusted, community-focused charity.

Get involved through:

Charity of the Year partnerships

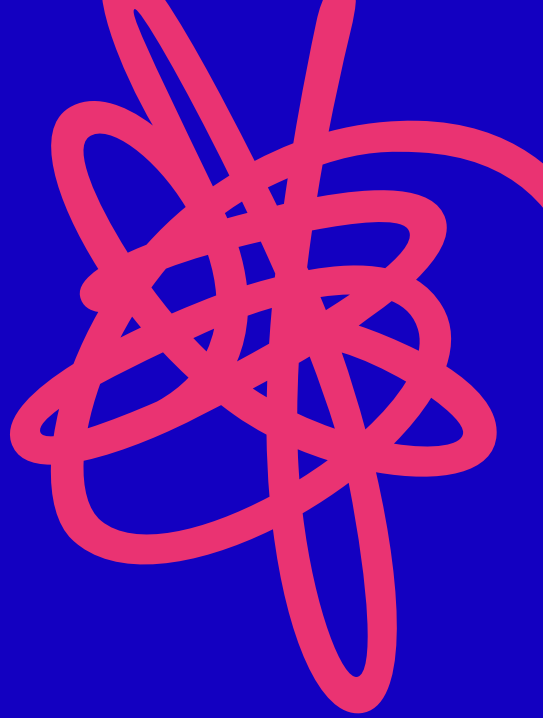
Team fundraising and sponsored events

Corporate volunteering

Payroll giving and matched funding



We'll work with you to create a partnership that reflects your values and delivers real impact for your people, your business and your local community.



Let's Work Together

Investing in mental health is an investment in productivity, retention and reputation.

To discuss how Northants Working Minds can support your organisation, contact:

enquiries@northamptonshiremind.org.uk

Together, we can build stronger, healthier workplaces across Northamptonshire.

www.northamptonshiremind.org.uk