



**TALK
OUT**

**A VOICE
FOR MENTAL
HEALTH**

#proudtotalkout

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WHY NOW IS THE TIME TO TALKOUT

Work plays an important part in our mental health and wellbeing. At TalkOut we believe that everyone has the right to a happy and healthy workplace. Our mental health is just as important as our physical health and yet so many people feel unable to talk about it. We are on a mission to break the stigma and discrimination around mental

health in order to change people's lives for the better. We will work with you to create a mentally healthy organisation and together we will make it **OK** to not be **OK** in the workplace.

1 IN 4

PEOPLE WILL EXPERIENCE A MENTAL HEALTH ISSUE IN ANY GIVEN YEAR*

15 MILLION


WORKING DAYS LOST TO STRESS, ANXIETY AND DEPRESSION**

“WE ARE NOT ALL TALK”

We can help you to create a mentally happy and healthy workplace and you can be reassured that everything we do will be tailored for your organisation. We pride ourselves on being personal and we will work with you to promote good mental health which in turn will add real commercial value to your organisation.

We have a team of ambassadors trained in workplace mental health who have real experience of how mental health can affect wellbeing in any organisation. Our TalkOut team are passionate about change and are qualified in clinical psychology, psychological therapies, counselling and training. We turn this expertise into practical, workable and measurable initiatives for your organisation.

We also have counsellors, mindfulness practitioners, nutrition experts and fitness guru's on hand too!



WE OFFER

- ✓ Mental Health First Aider
- ✓ Mental Health Awareness
- ✓ Mental Health and Managers
- ✓ Men at Work
- ✓ Board Room Mental Health and much more...

- ✓ Consultancy
- ✓ Wellbeing surveys
- ✓ Holistic therapies
- ✓ Insight

Our priority is to get to know your business so we can provide the right service for you

hello@talkout.org.uk

“TalkOut is a voice for mental health in the workplace and I’m delighted you are taking the time out of your day to read this information. That suggests you want to promote good mental health in the workplace which is really important!”

We believe that every organisation should take the mental health and wellbeing of their employees seriously and we are here to help you do that. Please do get in touch.”

Jill Mead

Jill Mead

Co-Founder and Managing Director



LET'S JUST TALK

hello@talkout.org.uk

www.talkout.org.uk



[linkedin.com/company/talk-out](https://www.linkedin.com/company/talk-out)



[instagram.com/talkoutnow](https://www.instagram.com/talkoutnow)

BENEFITS OF IMPROVED MENTAL HEALTH

- People perform better
- Customers are happier
- Happier people who are more engaged
- Reduced absence
- All around better relationships
- Reduced stigma and discrimination

Above all - it's the right thing to do!

95%

OF PEOPLE WHO ARE OFF SICK WITH STRESS GIVE A DIFFERENT REASON[†]

49%

OF PEOPLE FEEL UNABLE TO TALK TO THEIR EMPLOYER ABOUT THEIR MENTAL HEALTH[†]

Sources: *Mind, †HSE, †Time to change.