

Wellbeing & Mental Health



Dear Customer

Welcome to the Wellbeing & Mental Health Package! We are pleased to introduce this service and show how it can support your business's success. This proposal includes full details of everything the Wellbeing and Mental Health Package offers and how we can work together to meet your HR needs. We look forward to partnering with you!

The Wellbeing & Mental Health Package is ideal for:

Businesses focused on improving employee wellbeing and mental health. This program is designed for organisations committed to creating a supportive workplace that prioritises the mental and emotional health of their employees.

What's Included:

1. Wellbeing Program Assessment & Development

- Conduct a thorough evaluation of your current wellbeing initiatives and workplace culture.
- Design a tailored wellbeing program aligned with your business goals and employee needs.

2. Practical Guide to Managing Stress and Building Resilience

- Provide engaging resources that equip employees with practical tools and techniques for effectively managing stress.
- Cover topics such as mindfulness, resilience, work-life balance, and effective communication to promote a healthier workplace.

3. Wellbeing and Mental Health Policy Drafting

- Draft a comprehensive policy reflecting best practices, legal compliance, and support mechanisms.
- Highlight your organisation's commitment to mental health and employee wellbeing.

4. Employee Assistance Program (EAP) Setup Support

- Guide you in selecting and implementing an EAP tailored to your organisation's needs.
- Ensure employees have access to confidential counselling and work-life support resources.

5. Wellness Resource Toolkit

- Develop a comprehensive toolkit with guides, materials, and resources to support employee wellbeing.
- Include actionable content on mental health, stress management, and healthy lifestyle practices.

Package Benefits:

- **Improved Productivity:** Healthier employees are more engaged and efficient at work.
- **Reduced Absenteeism:** Supportive mental health initiatives can lower sick leave rates.
- **Enhanced Employee Retention:** A strong focus on wellbeing builds loyalty and morale.
- **Attractive Employer Brand:** Demonstrating care for employees boosts recruitment efforts.
- **Legal Compliance:** Policies ensure you meet regulatory standards for employee wellbeing.

Pricing:

- **One-Time Setup Fee:** £1,800 for the complete program
- **Ongoing Program Management (Optional):** £250/month

Why Choose Us?:

- **Holistic Approach:** Our program addresses all aspects of employee wellbeing, focusing on physical, mental, and emotional health.
- **Employee Engagement:** By investing in employee wellbeing, you foster a more engaged and motivated workforce, leading to improved productivity and morale.
- **Legal Compliance:** Ensure your organisation meets legal obligations regarding employee mental health and wellbeing, reducing the risk of potential claims.
- **Tailored Solutions:** Our program is customised to fit the unique needs and culture of your organisation, providing relevant and impactful support for your employees

Let's Get Started!:

Contact us today to discuss how we can support your HR needs:

Email: info@peoplepulsehr.co.uk

Website: www.peoplepulsehr.co.uk