

Mental Health Consultations

Mental health is a very topical subject these days. I understand it is all down to budgets at the end of the day but the fact remains that many unhappy individuals are slipping under the radar.

Depends on how far they slip as to what happens but we tend to reflect our inner thoughts and feelings on those around us, so that grumpy, quiet, sad, angry, hurt, distanced, unreasonable individual has a whole lot going on!

Unhappy individuals = unhappy + unproductive environment

Feel free to use the free stuff on this website to help your environment. Should you need further help drop me a mail info@jepeca.com and we can discuss... you never know the answer may be as simple as providing a quiet space, a suggestions box (that is actually acted upon!!!) or a system where each individual knows they are accepted, acknowledged and appreciated for their efforts!

On site consultations are specific to the requirements of the commissioner. Things like staff dynamics, unrest, upset, legal proceedings, bullying, tragic events, low moral etc impact everyone and take a toll on mental health and productivity.

Sometimes the smallest change can have the biggest impact. If you need help just ask.

Consultations include...

- How things work at the minute?
- What mental health strategies you have in place?
- Are they effective?
- What you can do to improve?
- Identify areas that need to change?
- Who specifically will benefit?
- **Plan of action...** Change isn't always a good thing but it is a sure thing, so might as well get ahead of the game and ensure that change will go in the direction you envision or at least enable you to adapt to the direction you are being taken!

Cost £500 per day + expenses for on-site consultations + coffee

Or drop me an email to discuss your needs, budget and specific requirements ☺
If I can't help I may be able to point you in the right direction virtually.