



SOS Silence
of Suicide

Stop the silence, start the conversation.

SOS Wellbeing Toolkits for Businesses

Welfare in the
workplace is
everyone's
business

SOS... Silence of Suicide

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Why choose SOS?

In today's fast-paced and demanding world, companies, organisations, and those tasked with caring for the vulnerable will need to invest more time, money and resource into prioritising the health and well-being of their employees. If you need help and support, please contact us - we are here to help.



Be a shining example employer – a stigma free work zone that encourages a better work ethic

Bringing your workplace together, ensuring all staff feel able to give & receive information

Accredited courses to support staff development, and employee recruitment

Watch your staff grow in confidence with our training programmes

Investing in the wellbeing of your workplace shows you listen and understand to what staff need

Supporting social responsibility for the local community by making all staff mental health aware

Services we offer to Businesses

Some of our courses are accredited, giving you and your staff increased confidence and trust in our learning and development business modules, by helping to fill in knowledge gaps.

Personal & professional training, more now than ever, is a factor job seekers consider when looking for a new role, so SOS could indirectly help with your recruitment too.

We've thought about the needs of businesses just like yours and our courses range from mental health awareness, strongly recommended for all staff grades, to Body Right Training (BRT), recommended for more senior staff.

The great thing about SOS learning is that it's fully flexible - you can do most modules in any order to suit your business and staffing needs.



Body Right Training: (BRT)

Recommended for: Senior executives, senior managers and HR executives

Location: Client's premises

Course Duration: 1 day of 5 hours (minimum of 5 bookings)

Are there some people you feel more relaxed with? People you find yourself revealing things to even if you don't know them? Some people have the ability to know when someone is not feeling great and know which approach is needed to get the conversations going. It's not rocket science; it's body right science and we can teach your senior staff how best to approach, and manage, poor mental health in your workplace.

- This innovative and unique course focuses on the benefits that body right training can bring to your staff members.
- Being self aware in terms of body language, to understanding and de-coding the body language of others, can give everyone a huge advantage when difficult, challenging or sensitive face to face conversations are needed. What is our body language saying and how is this received? We teach you how, and what, to observe. With practical role play, tips, techniques and face-to-face presentations, this 7-hour course comes with an SOS certificate for each participant at the end.
- **Body Right Training is delivered by team members with extensive experience in dramatic arts and public speaking. A certificate will be issued upon completion.**

Interesting Fact!

SOS fed into the Government's white paper on improved mental health in the workplace under Theresa May.

Voice, Tone & Projection Training: (VTP)

Recommended for: All staff

Location: Client's premises

Course duration: 1 day of 5 hours (minimum of 5 bookings)

- Regardless of whether you speak the King's English, or proudly speak in your local dialect, your voice is a powerful tool that can be used in so many ways and the mental health arena is just one of them.
- We will teach you exercises to loosen and relax your jaw and cover how different types of breathing can help with the delivery and sound of your words.
- You will learn how to modulate, project, and adjust your tone for maximum impact and benefit, as well as how and when to emphasise key words.
- This course utilises role play and participation from those attending.
- **Voice, Tone and & Projection Training is delivered by team members with extensive experience in dramatic arts and public speaking. A certificate will be issued upon completion.**

Individual Mental Health Support Sessions: (121)

Recommended for: Staff struggling with their mental health

Location: Online

Course Duration: 50 minutes per session

- For those needing emotional support, we can offer fully confidential online appointments to your staff. Whether they need a single session or multiple sessions, we can accommodate them. Subject to time and resource capacity.

Employee's Mental Health Survey

Recommended for: The whole workforce

Location: Online

Duration: Approximately 30–60 minutes

- This confidential and anonymised survey is for all staff to tell us about their experience of mental health support in the workplace and what changes, if any, they would like to see. Regular mental health surveys allow you to gauge the emotional state of your employees and identify areas where support is needed. Data gathered can support the development, enhancement and implementation of processes that better support your workforce. This survey evaluates various other aspects such as work-life balance, job satisfaction, and organisational culture. Once all surveys are returned, you will be presented with graph and narrative reports.

Employer's Wellbeing Survey

Required for: Comparison purposes against the employee's survey

Location: Online

Duration: Approximately 30–60 minutes

- Before a survey is issued to staff, we ask someone at an executive level to complete a survey on behalf of the business. This survey aims to extract how the company feels it is doing in protecting and supporting staff, their awareness of poor mental health, their knowledge of reasonable adjustments and what these might look like. Overall, we are looking at how well the company thinks it is doing in the mental health arena and whether it has already identified areas that need improvement.
- Once the survey is returned, employee's surveys will be issued. A graph and narrative report will be issued separately for BWS.
- **SOS can provide a standard survey or we can build one that is bespoke for your requirements.**

SOS Training Courses

SOS are members of the CPD certification service and currently have 3 core services available for clients.

We are building new courses each month and invite you to learn more about these and their suitability for staff in your business or organisation.

Please email: businesssupport@sossilenceofsuicide.org





Interesting Fact!

The largest number of mental health impact surveys SOS has had to process was over 60,000. The data was used in the High Court to support a landmark case triggered by a group of women trying to reclaim their pensions.

Group Mental Health Awareness Discussions

Suitable for: Staff at every level in your business

Location: Client's premises

Duration: 2 hours (subject to a minimum of 6 and maximum of 20 bookings)

- The business model of our group discussions closely mirrors our successful public sessions.
- We recommend representation from all areas of the business, where position is removed and everyone is completely equal.
- The trainer will start the conversation and play a short film by SOS, after which thoughts and feelings will be discussed.
- SOS has worked with countless organisations such as Universities, Government Departments, Councils, Schools, retailers and many others.
- The aim of these discussions is to ultimately give your staff the confidence, knowledge and ability to start running these modules in house unsupported.

Mobile Wellbeing Hubs - Support and Open Days

Suitable for: Struggling staff for face-to-face private discussions

Location: Our mobile hubs will come to you

Duration: 50 minutes per person (subject to a minimum of 3 and a maximum of 5 bookings per day)

- Our wellbeing mobile hubs are unique – SOS decided to lead on 'taking the support to the people' rather than expecting them to come to us. The result is our mobile hubs which are comfortably fitted out and offer complete privacy to anyone using the service.
- If you're interested in learning more about the concept behind our mobile hubs, our plans for the future and how they may support you and your workforce further, then we offer 'Open Days' to businesses who would like to know more.

Workplace and Space Assessments

The environments we live and work in can have a huge impact upon mood, productivity and work ethic.

We will come to your offices and assess various factors – light, the number of people working in any one specific area, step out rooms and how the space feels, but more importantly, how, on a daily basis, it makes your staff feel.

Amazing transformations can take place with even the smallest of budgets and we are here to guide you on the changes you could implement should you wish to.



- Stress, depression & anxiety accounted for the most lost working days in 2022/2023, costing 17.1 million pounds. (Service.gov.uk)
- At a time when individuals and businesses alike are struggling to balance the books, can your business really afford not to have adequate and qualitative care and support established for your staff members?
- With each staff member taking, on average, 19.6 days sick per year for stress, anxiety or depression, the impacts on productivity are obvious, but can be reduced.
- Employees can be worried about reporting poor mental health – they worry about feeling judged, the stigma surrounding mental health and suicide and that they may lose their jobs, thus causing further harmful impacts on their psychological health.
- Whilst employers must prioritise their spending, some do not consider the need for a budget for mental health support. Ultimately, your financial statements, your workplace and your staff will look and feel healthier if you invest the time and money in implementing or improving mental health provision and access in your workplace.
- We all realise our responsibilities to help achieve positive mental wellbeing at work, so let's start with a confidential chat about our workplace modules and we will tell you everything you need to know and the potential benefits in your work place.

Further information

We are going through exciting, balanced, steady growth and are an innovative charity – delivering different services in different ways.

Our business modules offer a variety of courses that could benefit your organisation and staff members.

Additionally, your business could:

- Become a sponsor, fundraiser or help support a project or a service.
- Allow your staff some time off each month to do charity work.
- An opportunity for you to work alongside us on our campaigns in 2024 – again, service based, innovative, and with vulnerable individuals at the heart of what we do.

Course	Spaces available from	Duration
Body Right Training	August 2024	1 day of 5 hours
Individual Mental Health Support Sessions: (121)	Spaces available May 2024	50 minutes per session
Employee's Mental Health Survey	Immediately	Online – complete within 48 hours
Employer's Wellbeing Survey	Immediately	Online – complete within 48 hours
Voice, Tone & Projection Training	May 2024	1 day of 5 hours
Group Mental Health Awareness Discussion	May 2024	2 hours
Mobile Wellbeing Hubs - Support and Open Days	July 2024	Upon arrangement
Workplace and Space Assessments	May 2024	2-4 hours depending on size of premises. Only one site during each visit
SOS Training Courses	Available from July 2024	Dependant on course

For further information & pricing, or to discuss your business needs further, please contact us via email in the first instance by writing to businesssupport@sossilenceofsuicide.org


Let's have an informal, confidential chat about your work place, your employees, your needs and how we can work together.


#stopthesilencestarttheconversation





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 **SOSSilenceOfSuicide**

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 **SOS_Initiatives**

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 **@sosletsgettalking**

For more information please visit:
sossilenceofsuicide.org