

## Welcome to our Newsletter

This newsletter is all about health and in particular mental health.

We now supply Mental Health Workshops, these can be delivered anywhere in the UK and carry the added bonus of free 1:1 mini counselling service for your members of staff upon completion of the workshops. This small step as a company could be a huge step for someone who is troubled or finding it difficult to cope with today's modern lifestyle pressures.

Why not do your bit for Mental Health and remind your employees it is ok not to be ok and that support is on hand 24/7.

We can provide expert advice on the following:

- Anxiety Disorders
- Depression
- Bipolar
- Schizophrenia
- Eating Disorders
- Obsessive Compulsive Disorders
- Post-Traumatic Stress Disorder
- Personality Disorders

- Roseanne Savage

## Spread the cost of Health Surveillance.

Are you behind with Health Surveillance and looking for an affordable package to suit your needs?

Take advantage of our new payment plan and spread the cost over 10 months.

With no hidden costs or extra fees, we simply work with you to keep you legal and identify any health concerns immediately.



## Getting your staff back to work.

By using rapid testing in the workplace, you are offering additional peace of mind to your members of staff.

Lateral Flow testing is a simple to use diagnostic device used to confirm the presence or absence of a target analyte, such as COVID-19.

Introducing...

## Two new mental health support groups!

For more information please get in touch via email:

hello@wellingtonwellness.co.uk  
info@andysmanclub.co.uk



#ITSONKAYTOTALK

Mens Mondays

## Andy's Man Club

A peer to peer support group for men.

Every Monday evening at 7pm in the Wellington Wellness Centre.



Womens Wednesdays

## Matter for Mary

A peer to peer support group for women.

Every Wednesday evening at 7pm in the Wellington Wellness Centre.



## Health Surveillance

Health Surveillance is an integral part of any workplace.

Our programmes not only look at the legal aspects of health surveillance but we go one step further. Our Health Surveillance Programmes include a mini mental health assessment which identifies if someone needs that bit of extra help allowing you to act immediately.



## Medication Reviews

One of the easiest ways to know if an employee is struggling.

Not many want to declare to a boss they have been prescribed Citalopram or Sertraline. Our medication review is not a tick box exercise to say someone is ok. We do a mental health support call to make sure they really are coping.



## Drugs and Alcohol Testing

Drug misuse often masks underlying conditions.

Sadly, to date, we have had more positives this year than the previous two years put together. Bereavement, COVID, financial problems, break ups are just some of the reasons why people struggle. Random drug and alcohol not only keep your company safe but keeps your employees safe too. It also highlights any growing trends in your organisation.

# Looking after your employees mental health & well-being.

wellington  
mental health & wellness trust

We offer one of the best value for money Employee Assistance Programmes around.

As well as online platforms, we offer zoom, google, teams and messenger support. Current waiting times for NHS Mental Health Support is 50 weeks.

We make contact the same day with an appointment the same week. We recognise the need for face to face support and our social distanced, covid friendly rooms do just that. We are evolving all the time and with our new weekly support groups starting in May 2021.



## Why choose us?



### Support

We offer support to HR departments, senior managers, employees and their families.



### Confidential

We retain all information for you regarding usage, services and access confidentially.



### Available 24/7

We put your needs first ensuring you will never be without assistance, guidance and reassurance.

## Are you struggling with stress, anxiety or low self-esteem?

We can help you. Not all stress is bad. Being just that little bit under pressure can motivate us to get that long awaited task done or to plan our day better. When we get to the point where stress is taking over our lives and we are feeling pressure both mentally and physically, we need to act.

- Stress Management
- Hypno Therapy
- Hypno-Oncology
- Hypnobirthing
- Bowen Therapy
- Anxiety Management
- Phobia & Fears
- Weight Management

### For more information contact

01292 262 770 | [info@ayrshiremedical.co.uk](mailto:info@ayrshiremedical.co.uk)

Wellington Mental Health & Wellness Trust  
Wellington Wellness Centre, 2 Alloway Place, Ayr, KA7 2AA

[www.wellingtonwellness.co.uk](http://www.wellingtonwellness.co.uk)

