



Whitham Jones Ltd.

Whitham Jones is about providing our partners with evidence-based information relating to mental health, wellbeing and stress management. Whitham Jones offers assessment, training and consultancy services to organisations who are genuinely interested in investing in the wellbeing of their team.

Assessment	Training	Bite Sized Mental Health and Wellbeing Toolkit
<p data-bbox="232 411 694 472">The Whitham Jones Wellbeing Profile (WJWP)</p> <p data-bbox="203 507 719 603">Built around 11 foundations of wellbeing, the WJWP can be used as a tool to see how well your team are looking after themselves.</p> <p data-bbox="203 638 719 699">The information from the WJWP can be used to:</p> <ul data-bbox="203 734 701 963" style="list-style-type: none">• Target specific training to promote wellbeing and build personal resilience.• Track the impact of mental health & wellbeing training for your team.• Provide people with the information to take personal responsibility for their wellbeing. <p data-bbox="356 999 571 1059">Bite Sized on-line <i>Coming Soon</i></p> <p data-bbox="203 1094 719 1222">Based on our 11 foundations of wellbeing, we enable large teams to access short videos in their own time to learn more about how to promote their own wellbeing.</p>	<p data-bbox="770 411 1469 507">Comprehensive Mental Health and Wellbeing Toolkit 2 days intended for managers, team leaders, mental health champions</p> <p data-bbox="748 542 1491 635">Our Mental Health and Wellbeing Toolkit has been developed to provide people with information that they can apply to promote mental health and wellbeing in themselves and their teams.</p> <p data-bbox="748 670 1330 699">The Mental Health and Wellbeing Toolkit contains:</p> <ul data-bbox="748 734 1491 1203" style="list-style-type: none">• Information about mental health diagnoses and the prevalence rates in the UK.• An introduction to the biological-psychological-social model of mental health used by professionals.• Techniques to promote brain health and mind fitness.• A clear evidence-based definition of resilience and resiliency.• Education about stress.• Training on communication.• Training on emotional intelligence (EQ) and emotional control.• Strategies to promote mental health and wellbeing drawing from positive psychology including mindfulness and cognitive re-framing.• Self-care techniques using the 11 foundations of wellbeing.	<p data-bbox="1518 443 2029 603">Designed for larger teams as part of a training day or when time is limited, we have condensed our comprehensive training to provide the essentials to mental health and wellbeing including:</p> <ul data-bbox="1518 638 2029 868" style="list-style-type: none">• Information about prevalence rates and diagnoses.• Biological-psychological-social model of mental health.• Introduction to stress.• Self-care techniques using the 11 foundations of wellbeing. <p data-bbox="1720 903 1827 932">Bespoke</p> <p data-bbox="1518 967 2029 1094">Because we are experts in mental health and wellbeing, you can tell us what you need, and we can work in partnership with you to deliver it how you want it.</p> <p data-bbox="1518 1129 2029 1257">We can also provide 1:1 virtual therapeutic support should it be required or if your Employee Assistance Programme (EAP) can't meet the need or is not effective.</p>

Experts in stress management, wellbeing and mental health