

City Wellbeing Centre

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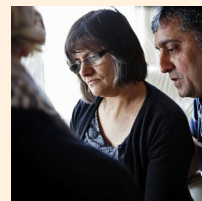
City Wellbeing Centre An Introduction

This spring will see the opening of a brand new mental health Centre for people who live or work in the City.

Created through funding from the City of London Corporation.



Charting new territory, it will provide access to longer-term talking therapies - support not ordinarily available through the NHS in recent years.



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An Introduction

Impact

- Our therapy from two central London clinics found that clients reported a large decrease in individual psychological distress over the course of couple therapy as well as a medium-sized, and statistically significant, increase in relationship satisfaction.
- Well over 90% of our clients say that our help has been good (70% report to us as being clinically depressed).
- Our couple therapy for depression delivered through IAPT offers the highest rate of recovery of any modality, 56%.

The length of treatment (previously a problem with short programmed offers) is a key factor in recovery, improvement can be quick but not for everyone.



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An Introduction

Why mental health support?

- Our work is evidence based
- Studies have shown the close relationship between mental health and happiness at home AND in the workplace:

"psychological engagement (attention and absorption) in work was positively related to positive emotions at work which, in turn, was related to psychological engagement in family life" (Rothbard, 2001);

as well as other research reporting links between work satisfaction and family satisfaction, positive parenting, and positive child outcomes (Barling, 1986) (Friedman, 2000) (Greenhaus, 1999).



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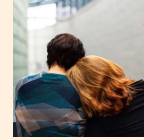
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An Introduction

Why mental health support? *(continued)*

- Our skills encompass the relationship:
Almost 95% of HR managers who responded to a survey conducted by the Tavistock Centre for Couple Relationships in 2013 either agreed or strongly agreed that employees' couple relationships difficulties affect work performance
But relatively few examples of UK employers taking steps to support employees' relationships exist until now.



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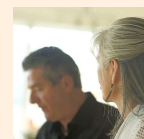
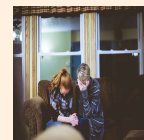
What can we help with

the chance to explore and address difficulties such as:

- depression
- bereavement – can we add this
- anxiety
- struggles with family life/work
- life sexual problems
- self-esteem issues and life transitions, such as moving towards retirement

via highly trained counsellors and psychotherapists.

Online initially due to Covid-19, then fully open.



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We also have:

- A short, low cost 4 sessions model, Living with Lockdown, with two pay options lower than core service – more practical for employees to claim via health insurance
- Deeper Psychoanalytic Couple Psychotherapy
- Free parenting for both together and separated parents.
- Separation and Divorce Service




LIVING WITH LOCKDOWN


Low-cost Online Relationship Help

4 Sessions of Relationship Help [BOOK NOW](#)

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- COVID-19
- Everyone is adjusting to a difficult 'normal'
- The role of our professional therapists is now more important than ever, as the nation struggles to come to terms with the mental health impact of changing work and family circumstances, financial insecurity, isolation, bereavement, societal breakdown and prolonged uncertainty caused by the Covid-19 outbreak.
- BACP, UKCP and other lead institutions (inc Tavistock Relationships) in letter to Matt Hancock, March 27 2020.
- The need for mental health support will not be easy to judge – we need to draw people out, often those ordinarily who would not seek help, even with work programmes or community or web resources.
- The City Wellbeing Centre is exactly the 'Safe Space' that can do that

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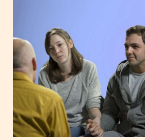
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The service is:

- Affordable
- Clients are assessed based on the ability to pay (those who earn more subsidise the help for those who don't)
- Open to residents in city square mile EC1-EC4 and adjoining boroughs
- Open to workers of all descriptions – anyone with who is 'based' in the four postcodes.



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Impact

- Become an advocate of the Wellbeing Centre
- Tweet on our behalf
- Record a quote/piece on the importance of mental health and work
- Advertise on intranets

We can:

- Get organisations involved in rolling launch – triggered Mental Health Awareness Week (18-24 May) led by Catherine McGuinness a new launch of the centre – starting the booking process
- Bring you in to Mental Health Mondays – We will hold key counselling slots online and in centre for firms' employees who participate. (Monday is often a day when employees feel vulnerable.)

But talk to us about the centre and what you think....



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