

CASE STUDY



OYSTER OUTCOMES

APUC MENTAL HEALTH FIRST AID TRAINING

PROVIDED BY OYSTER OUTCOMES -
APPROVED BY MHFA ENGLAND

**LEARNING OBJECTIVE - TO DELIVER
SUCCESSFUL, EXCLUSIVE TRAINING TO
ORGANISATIONS LOOKING TO UP WEIGHT THEIR
CULTURES OF MENTAL HEALTH & WELL-BEING**

RESULTS



Since completing the course in March/April of this year we've met regularly as a group teams calls to discuss and form our Mental Health action plan.



We've set up an internal SharePoint site where we can save resources e.g. links to articles, contact details for signposting. We're also going to create a 'Wellbeing Calendar' so we can plan for events in the year e.g. World Kindness Day, Time to Talk etc.



We discussed what measures we should take to tackle 'Winter Wellbeing' e.g. flexible hours, longer lunch breaks, soup days in the office and generally how can we improve interactions between colleagues.



We discussed having 'Wellbeing Champions' who will become active promoters of Wellbeing, not just mental health. Also having one person within the group who could give advice and information around specific areas e.g. menopause, running/exercise, OCD.



We're arranging for 13 of our managers to complete the i-act Managing and Promoting Positive Mental Health and Wellbeing Certificate with Oyster Outcomes in the new year.

We offer a breadth of Mental Health and Wellbeing services for individuals and organisations - to find out how we can help: hello@oysteroutcomes.co.uk

Our Offer

We host a breadth of Mental Health and Wellbeing services and deliver exclusive courses to organisations, as well as open courses for individuals. We offer the MHFA England (Adult) and (Youth) courses, and the i-act courses for Positive Mental Health and Wellbeing. We also design Bespoke Mental Health and Wellbeing workshops as well as working with you to establish a strategy that will help you on your way to achieving a mentally healthy workplace for staff and customers. We deliver Stress Management focused workshops, and also have a team of talented coaches who can provide 1:1 and/or team coaching and mentoring.

Whatever your needs, we can support you with the breadth, depth and expertise of our Associates

TO FIND OUT MORE VISIT:

- **WWW.OYSTEROUTCOMES.CO.UK**
- **LINKEDIN.COM/COMPANY/OYSTEROUTCOMES**
- **OYSTER OUTCOMES LTD | FACEBOOK**
- **OYSTER OUTCOMES LTD (@LTDOYSTER) / TWITTER**



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