



**MEMBERSHIP
PACKAGE
2023**



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ABOUT AMH WORKS

Action Mental Health have been providing mental health recovery, resilience, counselling and employment services across Northern Ireland since 1963.

The AMH Works team are specialists in mental health and emotional well-being training and consultancy, working with some of NI's and the UK's leading employers for more than ten years. The service provided through AMH Works supports employers to develop employee awareness and skills to effectively promote and manage employee mental and emotional wellbeing in the workplace.



ABOUT AMH WORKS MEMBERSHIP PACKAGE

With 1 in 5 employees suffering from a diagnosed mental illness and 66% of employees reporting a need for further organisational mental health support, AMH Works Membership Package provides an impactful solution to employee wellbeing. **Priced at £1000 per annum**, our members have access to:

- 4 “lunch and learn” employee mental health sessions. Each quarter, members enjoy exclusive access to one of the following online workshops: Mental Health Awareness, Sleep and Stress, Personal Resilience and Winter Wellness. Each session combines best-practice models of wellbeing with implementable mental health tools, enabling employees to look after their mental health both inside and outside of the workplace.
- Bespoke organisational mental health and wellbeing consultation. Through assessment and consultation of needs, an expert consultant will provide bespoke recommendations to improve organisational wellbeing and ensure that impact can be measured.
- 4 learning resources per year. Each quarter, members have access to an exclusive article or resource to develop employees’ self-awareness and equip them with evidence-based mental health strategies.
- 10% off all additional bookings, including the highly acclaimed Mental Health First Aid and Applied Suicide Intervention programmes.



Membership Package Benefits

Bespoke organisational mental health and wellbeing consultation – reviewing current arrangements, needs, aims and providing report with recommendations.

Lunch and learn online webinars (40-60 minutes) on Mental Health Awareness, Sleep and Stress, Personal Resilience and Winter Wellness

4 learning resources per years – toolkits/ articles.

10 % discount on all programme bookings (incl. MHFA/ Assist).

For more information contact:
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