

MENTAL
HEALTH
SERVICES



Mental Health Services

Add Mental Health Treatments to your EAP

Mental Health Services explained

Vita Health Group's Employee Assistance Programme provides information and advice to manage all of life's events, both at home and in the workplace include practical information around legal and debt issues as well as immediate emotional support.

It provides a confidential place to speak to a counsellor 24/7

and, where necessary to appropriate, session based counselling for significant life stresses or supported computerised CBT-based interventions for mild-moderate ill mental health, such as anxiety or depression. Each employee is offered advice, support, and services most suitable to them when they contact the service.

Sometimes, there may be employees within your organisation that need a different level of treatment and you may wish to support these individuals in accessing Vita Health's Mental Health Services.

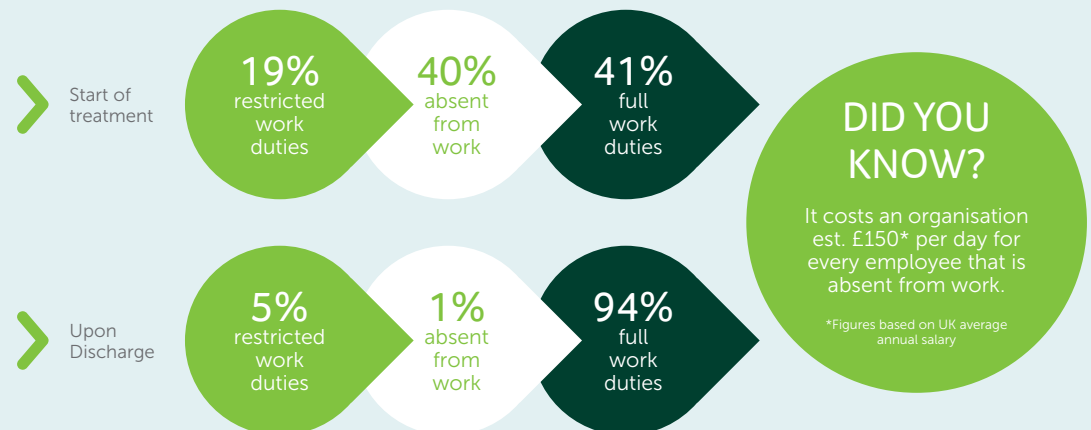
Our Mental Health Service delivers **evidence-based psychological interventions with a specific focus on occupational functioning** for those individuals experiencing common mental health problems, such as more severe presentations of depression or a range of anxiety disorders, including symptoms of stress.

Early identification and intervention along with clinically appropriate and timely support ensures your staff receive the **right treatment at the right time with the right expert.**

Stepped model of care

EAP Services		Mental Health Services	
1 Wellbeing Enhancement/ Preventative	2 Mild/moderate	3 Moderate/severe	4 Complex and severe ill health
Platform Structured counselling 24/7 emotional support Resilience & mental health awareness training/champion training Team leader and manager training to support mental health across the spectrum Critical Incident response	Guided Self-Help via a Computerised Cognitive Behavioural Therapy (cCBT) based platform with over 30 issue specific modules, programmes, mood diaries etc. or physical work books, supported by sessions with an assigned Mental Health practitioner.	Cognitive Behavioural Therapy (CBT) Inter Personal Therapy (IPT) Counselling for Depression (CFD) Dynamic Interpersonal Therapy (DIT) EMDR Trauma Focused CBT	Consultant psychiatry Change to Multidisciplinary Team Working Blended model of working between Vita Health Group and peer clinically governed external specialist associate partners

Every individual referred into our Mental Health Services is managed through to discharge with a focus on returning and maintaining your employees to full function and sustained duties within the workplace. Unlike the EAP, our Mental Health treatment services are usually non-confidential, allowing to work with other support functions (internal and external) to achieve the best possible outcomes.



EMPLOYEE SATISFACTION > 95%

Supporting your workforce

Our EAP data shows, **that up to 5-10% of people that call in for emotional support services would benefit or clinically require higher intensity and/or longer term Mental Health treatment, outside of the scope of the EAP and of a Counsellor.**

Many cases can be 'in work' and 'presentee' and will benefit significantly from the right treatment to help them back to their usual performance.

Simple, four step approach

To make a referral to this service, or establish this as a route for employees to access as needed, the steps are as follows:

01

Refer: Let your account manager know you would like to add this pathway to your EAP service or contact our team to set up a Psychological Therapy Service contract. You can then refer through the EAP service or directly via our portal.



03

Treatment: After assessment, treatment starts within 5 working days for remote appointments



02

Assessment: Individual contacted and booked in for full mental health assessment within 1 working day.



04

Therapy: Weekly sessions take place including relapse prevention plan.



The Vita team will provide short report: 'Management Plan' with the number of recommended sessions (CBT sessions in most cases)

Upon discharge report, a Management Plan provides recovery update, work status and any ongoing workplace recommendations



Case Studies

“Tom stated the Cognitive Behavioural Therapy helped to equip him to deal with some challenging situations at work”

Tom (not his real name) was referred to Vita Health Group due to low mood and anxiety, which he reported were impacting on his personal relationships, functioning at work leading to periods of absence, at home and his ability to enjoy his hobbies and interests. Tom occasionally thought “what’s the point in carrying on”.

Following a psychological assessment, Tom was booked in for one-to-one telephone cognitive behaviour therapy and received 10 sessions for depression and anxiety. Personalised goals for treatment were created. The one-to-one support focused on challenging negative thoughts and letting go of worries, as well as activity scheduling and assertiveness.

Tom stated how helpful and beneficial the sessions had been. As a result, Tom improved personal relationships and boundaries, improved self-care, daily functioning and introduced new hobbies and interests into his day-to-day life. Tom continued to work full time; the sessions helped to equip him to deal with some challenging situations at work and prevented him from feeling the need to have time off. Tom stated he was very appreciative to his employer for all the support he received.



“Imani wanted support to regain her life and be the person she was before, as she had lost her confidence”

Imani (not her real name) sought support from Vita Health Group after an incident at work where someone had put in a grievance against her, and she had experienced a loss of some close family members in a short period of time. Imani felt her symptoms of depression and anxiety were negatively impacting her work life, home life and social interactions and was taking long term absence as a consequence.

Following an assessment, Imani was offered 12 cognitive behavioural therapy sessions where the focus was to work on depression and reengaging in her life. The final sessions of therapy focused on relapse prevention. Imani stated that the sessions were invaluable, and she thought of herself in a more positive light and was a lot stronger than she had thought, which enabled her to move forward. Imani was able to agree, with support from her employer, to return to work and face the situation that she had been struggling to deal with.



“I found the therapy sessions extremely helpful, and they changed my life for the better”

Jayden (not his real name) gained support within 4 days of being referred, with one-to-one video Cognitive Behaviour Therapy sessions for post-traumatic stress disorder and low mood which were impacting on his sleep, motivation levels and social interaction with friends and family.

The focus for treatment was to work on re-evaluating meanings attached to the traumatic incidents as this was his main cause of concern. Jayden found the therapy extremely helpful and attending the sessions changed his life for the better. Jayden enjoyed returning to his hobbies and was able to return to working full time. He made positive changes in his life and was very grateful for the support he received.



Want to know more?

We have a team of specialists ready to discuss your requirements and provide a range of solutions that suit your strategy, objectives and budget.

You can get in touch at:

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 **wellness@vhg.co.uk**

 **vitahealthgroup.co.uk**