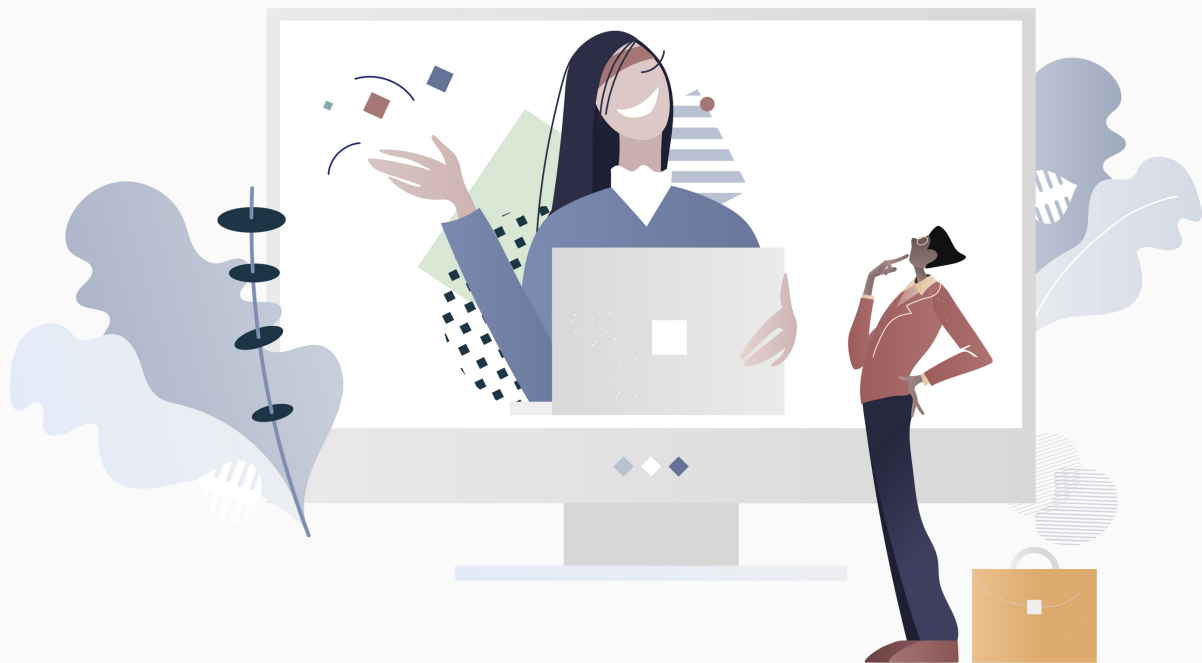


# How Rightsteps can help your beneficiaries stay well, happy and healthy



**Rightsteps**

# Why focus on mental health & wellbeing?



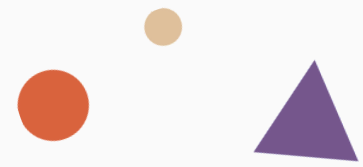
COVID-19 has negatively impacted the mental health of the world with 7 out of 10 working people saying 2020 has been the most stressful year of their working lives (Oracle Work Study, 2020). More than ever individuals are feeling isolated, lonely, stressed and burnt out as a result of prolonged uncertainty, pressures of juggling remote working with home schooling and family obligations, deteriorated life work balance, multiple lockdowns and isolation, and in many cases loss of loved ones.

As a benevolent organisation whose mission is to help and support your beneficiaries, finding the right provider, products and solutions for mental health and wellbeing may be a challenge. In our

experience these challenges can include lack of expertise to oversee mental health and wellbeing related activities, inconsistency in knowledge, increases in demand for support and a need to better understand the determinants of poor mental health and wellbeing for a particular group.

Meeting these needs requires skills and expertise that do not always exist within a benevolent organisation's standard structure and functions. Outsourcing these challenges to a specialist mental health and wellbeing solutions provider backed by decades of clinical expertise provides a reliable, cost effective solution.

# About Us



## Our mission

Our mission is to help individuals live happier and healthier lives. Working together we can make the mental wellbeing and health of your beneficiaries a priority, ensuring that the individuals that come to you for help and support feel safe and valued. We can help you create a long-term mental health and wellbeing strategy or address the gaps in your current provision.

## Our clients

Our clients include many benevolent organisations and charities including Foothold (The Institute of Engineering and Technology Benevolent Fund), RMBF (The Royal Medical Benevolent Fund), Retail Trust, GroceryAid and the Firefighters Charity. Together we strive to create a safer, happier and healthier world.

## Why choose Rightsteps?

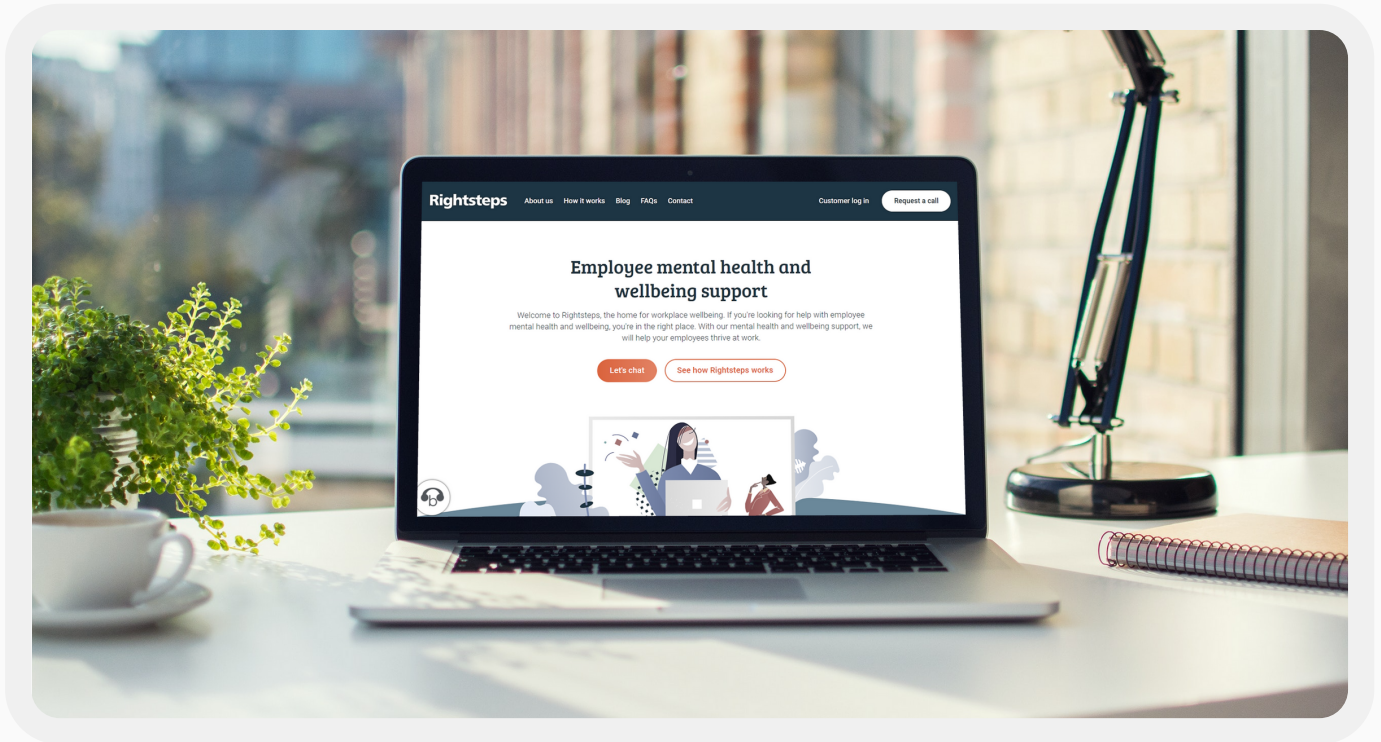
Rightsteps is part of Turning Point, a leading social enterprise who have been delivering mental health, wellbeing and social services for over 55 years. As a social enterprise, we focus on maximising the social return on investment of the organisations we work with, supporting them to lead by example in the Corporate Social Responsibility space (CSR).

We are psychology-led, behavioural change specialists and we provide evidence based, scalable and cost-effective specialist mental health and wellbeing solutions backed by decades of clinical excellence and experience.

We genuinely care about mental health and wellbeing and are passionate about educating, enabling and empowering organisations in this area.



# Our Products



Our mental health and wellbeing solutions work well as standalone products or alongside other mental health and wellbeing tools. They can be tailored to meet your needs in the most effective way.

## Rightsteps Wellbeing

Rightsteps Wellbeing is an online self-serve mental health and wellbeing platform that provides your beneficiaries with 24/7 on demand access to evidence-based support. It helps them to proactively address issues that could be affecting their work, including stress, anxiety and low mood as well as developing their mental health and wider wellbeing knowledge.

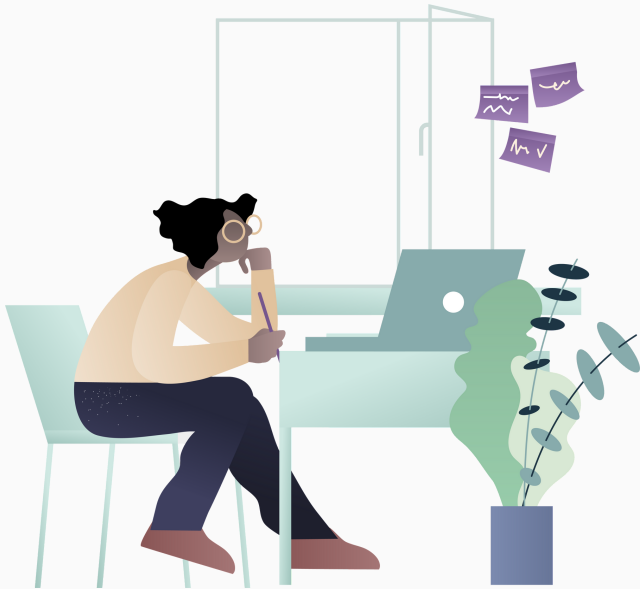
Rightsteps Wellbeing content is designed by our team of clinical experts experienced in delivering

tailored wellbeing strategies leading to long-term positive behaviour changes and meets National Institute for Clinical Excellence (NICE) guidelines. It covers a range of mental and physical health and wellbeing topics with the option to add a financial wellbeing module delivered by our partner SecondSight.

Rightsteps Wellbeing platform provides you with data regarding support needs of your beneficiaries. We adhere to the highest standards of data security and ensure individual confidentiality. Quarterly customer usage reports are provided to help you gain new insights into the overall health and wellbeing of the individuals you support.

As a Rightsteps customer, you'll be allocated an account manager who can answer your questions and make sure your organisation is well supported.





## Rightsteps Assessment

Assessing an individual's wellbeing needs is a critical first step and helps to get the type of support right first time. Once your beneficiary completes their wellbeing assessment, they can choose to book a comprehensive assessment or engage in other non-therapy related activities, such as sport or leisure, if they feel this is more appropriate. We provide both video and telephone assessment so individuals can communicate in a way that works for them.

We offer two assessment options:

### ONLINE SELF-ASSESSMENT

Our online self-assessment portal is a clinically designed tool that enables a beneficiary to self-assess their mental health and think through the issues in their life.

Once complete, a summary report is produced, which can be sent to a designated person or team in your organisation. The report will summarise the wellbeing needs of the beneficiary and will outline the wellbeing support options available. If further treatment is recommended, one option is for the individual to be referred to Rightsteps for a comprehensive

### TELEPHONE ASSESSMENT

For those beneficiaries who may have no online access or may prefer to speak to a person, we offer a 30 minute therapist appointment. It follows the same format as the online self-assessment portal but is completed over the telephone or by video call with a fully qualified therapist.

Once our therapist completes assessment of your beneficiary, a summary report can be sent to them and/or a designated person or team. At the end of the assessment your beneficiary will have a better idea of various issues in their life and a snapshot of the state of their mental health. If further treatment is recommended, one of our therapists will conduct a separate comprehensive assessment to determine which type and frequency of support will deliver the best outcomes for that individual.





## Rightsteps Therapy

This is a one-hour telephone or video call appointment following online self-assessment or telephone assessment for those beneficiaries who require further treatment. It is carried out by one of our fully qualified therapists and is a more detailed exploration of the issues the individual is facing.

From this session the therapist can determine what would be the next best support to meet the individual's needs. This may include up to four sessions of CBT or Counselling, up to six sessions of CBT or Counselling or signposting to other more appropriate support.

### CBT OR COUNSELLING

The initial consultation or comprehensive assessment may uncover issues that warrant further exploration, in which case the therapist in discussion with the beneficiary will determine

whether four or six sessions of therapy are required. Therapy will be provided via telephone or video.

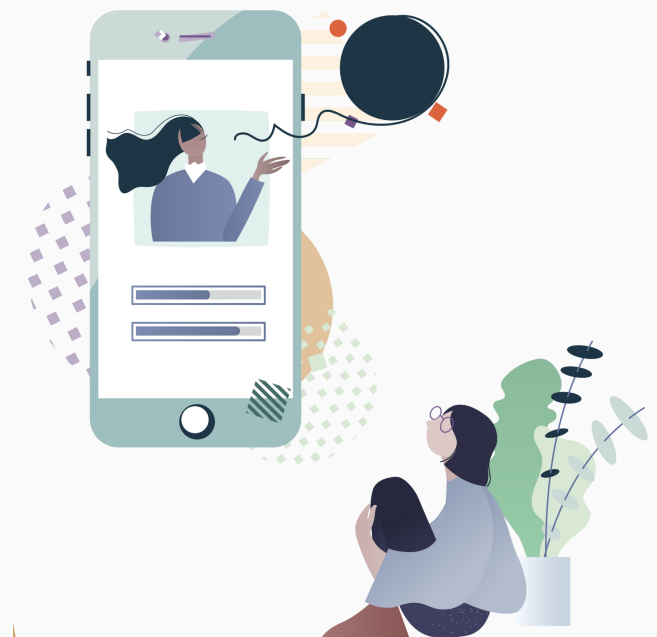
We offer cognitive behavioural therapy (CBT) to identify and change negative patterns of behaviour. This is typically useful to address anxiety, obsessions, phobias and many more.

We also can offer Person Centred Counselling. This can be used to manage workplace stress, low mood, loss or to help people clarify and prioritise various issues in their lives.

Therapy is proven to make significant positive changes a long-term possibility for an individual.

Details relating to the individual's condition and session content are confidential between the beneficiary and their therapist and information will not be shared without their consent.

At the end of the treatment the beneficiary will complete a clinically validated questionnaire and compare progress against scores at the initial consultation.



# Get in Touch

If you'd like to know more about Rightsteps and how we can support your organisation, get in touch now – call **0161 238 5264** or email [info@rightsteps.co.uk](mailto:info@rightsteps.co.uk)

Learn more and follow us on:

## Website

[www.rightsteps.co.uk](http://www.rightsteps.co.uk)

## LinkedIn

[www.linkedin.com/company/rightsteps-wellbeing](http://www.linkedin.com/company/rightsteps-wellbeing)

## Twitter

[www.twitter.com/rightsteps\\_uk](http://www.twitter.com/rightsteps_uk)



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