



Support for your teams

1-2-1 and group support for employees

Our 1-2-1 and group support services offer a range of meaningful benefits for your staff and organisation.

Investing in wellbeing can enhance employee retention, reduce absenteeism and uplift productivity.

Staff feel better supported, leading to improved mental health and a stronger sense of wellbeing. Ultimately, this contributes to a more positive, resilient workplace culture where people can truly thrive.

1-2-1 and group support services include:



A range of therapies including CBT and counselling



Supported self-help resources



Workplace wellbeing coaching for groups and individuals



Scan QR for more details



**LANCASHIRE BUSINESSVIEW
RED ROSE
AWARDS 2025**
WINNER
HEALTH & WELLBEING



Visit our website for more details: www.lancashiremind.org.uk/therapy

1-2-1 and group support for employees



Services and support

Service

Wellbeing support drop in session

*£256 per day face to face
8 x 30 minute drop in sessions per day
£230.40 with EAP discount*

Wellbeing Coaching

*£1,500 virtual (£1,350 with EAP discount)
£1,620 face to face (£1,458 with EAP discount)
1 day per week x 6
5 x 45 minute sessions per day*

Supported self-help

*£210 per person
1 x assessment session
5 x 20 minute virtual sessions
£189 with EAP discount*

Workshops on a range of topics

*£350 per two-hour workshop
£315 with EAP discount*

Details

A wellbeing coach based in your office for a one off session. A brief opportunity for staff to discuss any difficulties in a supportive, solution focused environment.

A wellbeing coach working 1-2-1 with your staff over 6 weeks. Focusing on goals, strengths and problem solving abilities to improve their wellbeing. Topics include stress, low mood, anxiety and self esteem.

Supported self-help is a brief structured support programme. The practitioner identifies the most appropriate pathway to support the client and provides them with resources and tools to work through in-between sessions.

Face to face workshops on a range of topics such as:

- Five Ways to Wellbeing
- Managing stress and anxiety in the workplace
- Managing professional boundaries in a mental health context
- Building resilience

Up to 15 learners per course. Please speak to your EAP account manager about the range of courses on offer so Lancashire Mind can recommend best, based on your organisation's needs.

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Services and support

Service

1-2-1 Therapy Sessions

Suggested minimum of ten therapy sessions recommended

£640 per person

1 x assessment session (£40)

10 x 50 minute therapy sessions with a qualified therapist (£60 per session)

£576 per person with EAP discount

1-2-1 Incident Debrief Session

£120

1 x 90 minute therapy session

£108 with EAP discount

Details

During the assessment with our skilled practitioners we will agree the best route for each individual, whether it's Counselling or Cognitive Behavioural Therapy (CBT).

Sessions are delivered virtually but we can accommodate face to face sessions where requested at an additional cost to cover travel and room hire if needed.

Counselling

In-depth talking therapy delivered by qualified therapists. Provides a safe, confidential space to explore emotions, relationships, identity, and life experiences.

Cognitive Behavioural Therapy

Structured, evidence-based therapy helping people understand and change unhelpful thought and behaviour patterns. Effective for anxiety, depression, trauma, phobias and more.

A one-off supportive session delivered by a qualified therapist. Provides space to offload and reflect on a specific event. Not a course of therapy and does not involve ongoing treatment.



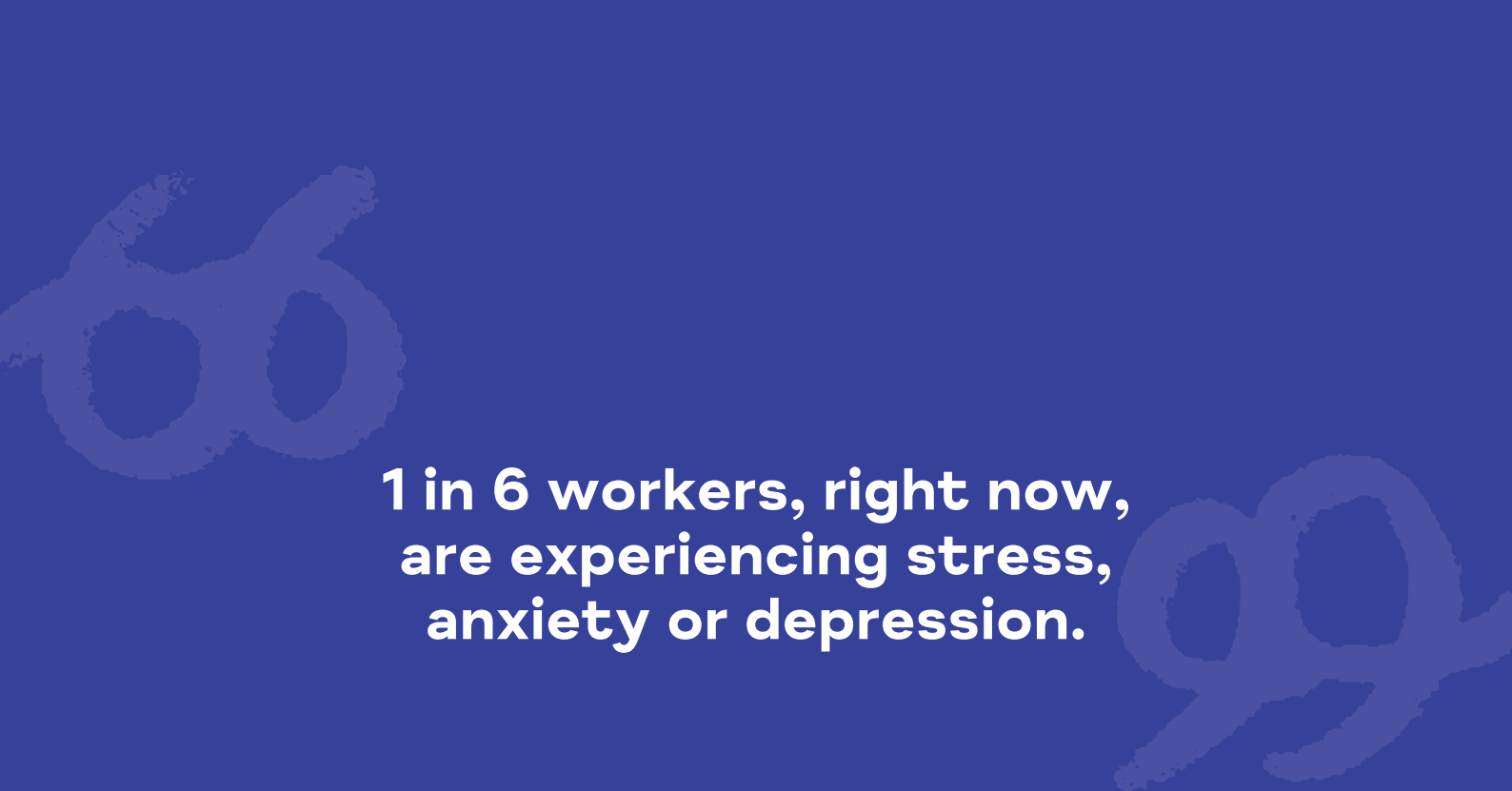
The biggest thing that I took away from coaching was self-reflection... adopting a mindfulness approach for myself, realising and understanding that it's not all on me.

Accessing 1-2-1 support from Lancashire Mind

In his role as a residential manager for a children's home, Warren is no stranger to long days, emotional demands, and the weight of responsibility. When one of the homes in his network faced a crisis, Warren stepped in to support - but found himself absorbing not just the challenges, but the emotional toll too.

“They [my employer] value your wellbeing and obviously from their perspective as well in terms of wellbeing, if you're mentally and physically well, you're not going to go off sick. So, therefore it's a cost-effective service.”

Warren, Residential Manager, Local Council



**1 in 6 workers, right now,
are experiencing stress,
anxiety or depression.**

**We've helped over 1,000 local businesses build
more positive and supportive work environments**

For more information on how we can support
you and your staff, please contact:

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**mind Lancashire**