

Believe EMDR & Holistic Therapies

# Workplace Mental Health Support

## for Teesside Organisations

OT-led workplace wellbeing, stress, burnout, manager confidence and post-incident support for healthcare, education, care and high-pressure teams.

### Core Packages

#### ENTRY

#### Workplace Stress Snapshot ?195

A low-friction starting point when staff pressure is visible but the next step is unclear.

- 20-minute leadership call
- Brief stress and pressure mapping
- Written recommendations

#### CORE

#### Workplace Pressure Reset From ?650

A half-day session for teams experiencing stress, burnout, emotional load or rising pressure.

- Burnout warning signs
- Practical regulation tools
- Real workplace scenarios

#### ONGOING

#### Wellbeing Partner Retainer From ?950/month

Ongoing input for high-pressure teams needing a trusted external professional.

- Leadership advisory call
- Staff or manager support
- Post-incident availability

### Who this is for

- Healthcare teams, GP practices, dental practices and clinics
- Schools, colleges, SEN teams and pastoral staff
- Care, support services, charities and emotionally demanding roles
- Managers dealing with absence, overwhelm, conflict or post-incident pressure

### Common reasons to book

- Stress and absence are rising
- Managers feel unsure what to say
- A team has experienced a difficult incident
- Wellbeing support feels too generic

### Why Rachel

Rachel Selmes, professionally known as Rachel Hillerby, is an HCPC Registered Occupational Therapist with a Master of Science in Occupational Therapy, EMCC EQA Health Coach training, 20+ years NHS mental health experience and 10+ years Occupational Health experience at North Tees and Hartlepool.

### Not a generic wellbeing talk

This support looks at the person in context: role demands, function, confidence, pressure, recovery, relationships, absence, return-to-work and what helps people keep working safely.

### This may not be right if...

- You want a formal qualification such as Mental Health First Aid
- You want a generic corporate wellbeing session
- You need emergency crisis response rather than planned workplace support

### Availability and next step

Rachel works with a small number of organisations each month to keep support personal, responsive and clinically safe.

Best first step: book a 20-minute call to discuss what is happening in your team.

Supporting organisations across Billingham, Stockton-on-Tees, Middlesbrough, Hartlepool and Teesside. Contact Rachel: 07356 005751

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