



INNERFIT

MENTAL HEALTH

A GUIDE TO OUR SERVICES



HOW WE HELP

All too often, conversations about mental health become the responsibility of HR, L&D, or the People Team. And despite the intent, it can be hard to initiate change.

At **Innerfit**, we help People Leaders become part of a sustainable infrastructure, rather than sole support. We make mental health part of the day-to-day

The bottom line?

Your people move from 'surviving' to 'thriving'.
The organisation incurs lower costs due to stress, burnout, and mental ill-health.
And finally, People Leaders are seen as a last-resort; not the first port of call.



INNERFIT

**IF YOU HAVE A
QUESTION OR AN
IDEA - LET'S TALK**

MENTAL HEALTH

Our evidence-based framework helps move the needle on mental health, taking organisations from surviving to thriving

LAY THE GROUNDWORK

Set the strategy and pin down policies. Evaluate existing support and map out how to embed mental health.



SURVIVING



EMBED MHFAIDERS®

Set the safety net; don't "box-tick" – do it properly. Ensure MHfaiders® are active and embedded.



TRAIN LEADERS

Raise the literacy bar and give them time to set the tone; help them feel confident and capable.



SPARK CONVERSATION

Weave mental health into the day-to-day and get people talking.



THRIVE

Keep knowledge current and skill levels high. Push the boundaries into Positive Psychology.

THRIVING

LAY THE GROUNDWORK & EMBED MHFAIDERS



A snapshot of what we offer

STRATEGY SUPPORT 60-180MINS

Tools for setting a mental health strategy that works.

Whether you need to write a mental health policy or bring it to life, our support - designed for People Leaders - offer the tools and confidence to make it happen.

SUICIDE FIRST AID LITE 4HRS

Provide the skills and confidence to intervene.

Educate trainees about stigma and bereavement by suicide. Guide them on suicide safety and how to apply what they learn within the workplace.

EMBED MHFA 60-180MINS

Ensure MHFAiders® are active and embedded.

Keep their knowledge current, and their confidence high. Help them refresh their skills, raise awareness internally, and get their most pressing questions answered.

MHFAIDER® TRAINING 1/2-2 DAYS

Train up your MHFAiders.

Teach them how to identify, understand and help those who may be experiencing a mental health issue. We offer a range of certifications to suit all needs.



TRAIN LEADERS



Our step-by-step core leadership programme

01 A MANAGER'S GUIDE TO MENTAL HEALTH 120MINS

See what it means to lead on mental health.

Help leaders feel confident on the fundamentals, spot signs and symptoms, and signpost to support.

02 CONVERSATIONS FOR MENTAL HEALTH 120MINS

What does a 'good' conversation look like?

Practice key behaviours to be an effective listener, through real-life case-studies and practice scenarios.

03 MENTAL HEALTH: MAKE IT STICK 120MINS

Make mental health part of the DNA.

Take ownership and turn knowledge into action. Protect time to talk and establish new ways of working.

SPARK CONVERSATION



LET'S TALK MENTAL HEALTH 50MINS

Lived experience cuts through like nothing else.

This highly personal approach shows why mental health matters. Attendees get practical tools to boost their own mental health and translate this into action.

HOW TO ACCESS A CALM STATE 50MINS

Being well starts with you.

This guided physical and visual process enables attendees to rediscover how to take care of themselves, and access an optimal state to connect with others.

STRESS & EMOTIONS IN ACTION 50MINS

Talking about mental health is easy if you know how.

Providing practical tools to help build emotional literacy and start conversations to get the topic of stress and mental health on the table.

BEATING BURNOUT 50MINS

Learn the truth about burnout.

We discuss the 12-stages of burnout and provide practical tools to mitigate the risks of overwhelm.

LOOKING FOR SOMETHING DIFFERENT?

Talk to us about hosting panels, fireside chats, and more.

SPARK CONVERSATION



A ROADMAP TO RESILIENCE 50MINS

Lessons in resilience from the world of Rugby League.

Hear real-life stories from one of the toughest environments in sport. We explore the tools that helped a high-performance athlete achieve success.

MANAGE THE MIND & BODY SLEEP 50MINS

Tools to manage the mind and body before sleep.

Attendees learn natural techniques to help set up for a restful slumber. Be guided through exercises to switch off the mind and body, and boost sleep quality and quantity.

HEALTHY DIGITAL HABITS 60MINS

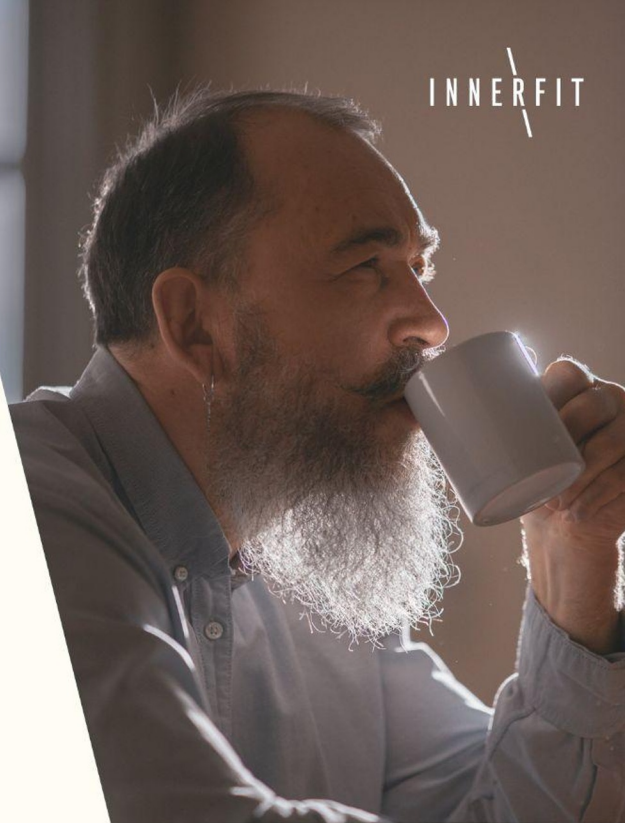
Minimise distraction to maximise performance.

Evidence-based tactics and tools to create positive digital habits. Set healthy boundaries and find a better work-life balance.

GOOD MOOD FOOD 50MINS

Evidence-based nutrition to boost mood and mental health.

Discover the science behind the gut-brain axis and which foods support good mental wellbeing. Get top tips to integrate key nutrients into the day-to-day.



THRIVE



We help teams and leaders flourish by applying the evidence-based principles of positive psychology. Shift the paradigm from a perpetual focus on what is 'wrong' to build on what is 'strong'.

PERMAH

POSITIVE EMOTIONS
ENGAGEMENT

RELATIONSHIPS
MEANING

ACCOMPLISHMENT
HEALTH

POSITIVE LEADERSHIP

01 COMMUNICATION

Use supportive communication to boost connection and impact

02 RELATIONSHIPS

Nurture and enhance relationships and reinforce strengths

03 MEANING

Connect to personal values. Engage on a deeper level

04 CLIMATE

Foster compassion, forgiveness, and gratitude



RESULTS

Innerfit are an extension of the People Team. They've been a massive part of shifting our culture and helping us reach the next level."

ELIEEN WOOD, PEOPLE MANAGER
KAIROS GROUP



I have worked with Innerfit on a mix of projects since 2020. The programmes have been such a collaborative partnership, which is probably why we've unearthed such right insights along the way."

FRANCES, VP PEOPLE & CULTURE
WARNER BROS. DISCOVERY



72%

Increase in confidence
talking about mental
health after the training

9.9/10

Likelihood of
Recommending
MHFA Course

+83%

Increase in confidence spotting
signs & symptoms of stress +
burnout AFTER the training

100%

Agree they picked up
practical tools to help
support the mental health
of their teammates

111%

Increase in knowledge
talking about mental
health after completing
the MHFA course

A close-up photograph of a person's hand raised, wearing a watch. The background is blurred, showing other people in a dimly lit room with warm lighting. The hand is positioned in the center-right of the frame, with fingers slightly spread. The watch has a dark strap and a light-colored face.

INNERFIT

GET IN TOUCH

hello@innerfit.co.uk
www.innerfit.co.uk