

MINDOLOGISTS

MENTAL HEALTH SUPPORT SERVICE

Supporters
of
Sufferers

Conquer Your Mind

By Dr. Zoë Douglas-Judson |

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MIND-SET & PERFORMANCE

“The most difficult times for many of us are the ones we give ourselves”
Pema Chödrön

Mindologists is a movement positively influencing how you conquer your mind. Impacting the mental health, growth, strength and possibility of all.

What's right for one, is not right for another – people are individual's and each life is unique.

Working together we shape and save lives.

INDEPENDENT SPECIALISTS

Helping our communities learn how to Conquer Your Mind



THE SOS CODE™

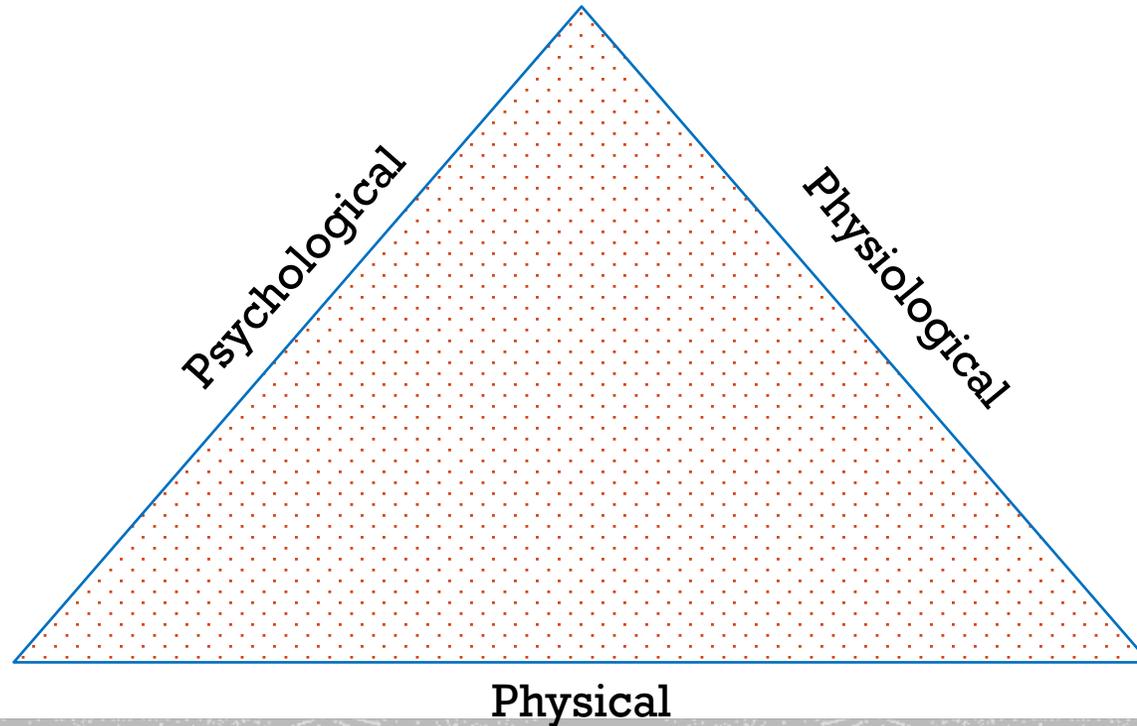
MENTAL HEALTH AWARENESS (FREE) & FIRST AID TRAINING CERT

Supporters of Sufferers (SOS)
FREE Mental Health Awareness Day
& Embedded First Aid Cert.

“In a world where you can be anything; be kind” Etta Turner

The SOS Code™ A Unique Approach*

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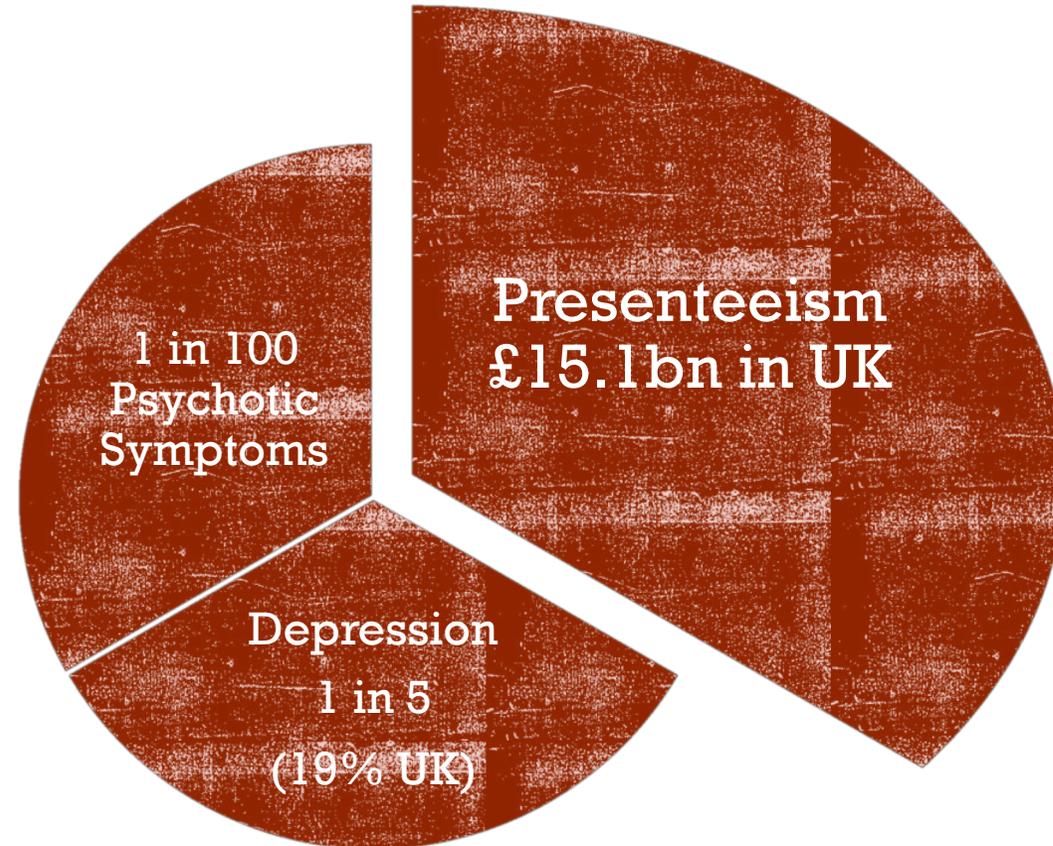
Awareness – Interventions – Resources – Responsibilities (AIRR)

**UK Developed Training based on over 20 years behaviour change delivery & on-going research.*

VALUING MENTAL HEALTH

FACTS:

- ✓ 83 Million MH Sufferers in EU
- ✓ 1 in 4 UK MH Sufferers
- ✓ MH costs £8.4bn in Absenteeism
- ✓ Suicide rates peaked in 1988 and 2013 but rates still lower than the 80s & 90s
- ✓ Suicide Rates dropped 3.4% in 2016 with 202 fewer reported
- ✓ Less than 10% recently rated EAP as supporting good MH
- ✓ Only 44% felt 'secure' telling Manager about stress
- ✓ 25% said MH Awareness was good for supporting good MH
- ✓ Almost 80% had negative feelings for taking time off work for MH



“If you change the way you look at things, the things you look at change.” Wayne Dyer



THE SOS CODE™ - WHY & WHO?

Why do the FREE Awareness Day?

- It's like CPR for the mind, everyone should know it.
- It helps to clarify what is and is not Mental Health.
- There's so much confusion it's not easy to what to do, never mind how.
- It will help you to recognise the signs and stages of mental ill-health.
- It will develop your understanding of mental ill-health symptoms.
- It's a confidence builder for anyone who's supporting another going through a tough time.

Who should certify their training?

- If you want more than awareness.
- If you are responsibly for other people as a team, your family or friends
- If you're not a trained professional but often find yourself giving advice
- If people naturally reach out to you and you want to be more confident in your support
- If you feel you lack the resources to support others effectively

THE SOS CODE™ - MENTAL HEALTH TRAINING

Free ONE Day Awareness

- Part 1
 - Awareness
 - What is and is not Mental Health
 - Myths & Moods
 - Causes for Prevention
- Part 2 (+Elements of Part 4 & 5)
 - Understanding
 - Language, Listening & Labels
 - Signs & Symptoms
 - Addictions & Avoidance

Embedded First Aid Certification

- Part 1 & 2 (LIVE Awareness Training Day) + Experiential Learning
- Part 3
 - Acceptance
 - Whole System Being Facts
 - Over 100 Status Interventions
 - Application
- Part 4
 - Release
 - Responsibilities
 - Resourcefulness
- Part 5
 - Annual Virtual Supporters Package & Platform
 - Structured Experiential Learning Programme (starts 14 days before LIVE event and continues for 42 days)
 - On-hand Professional Mentors
 - Confidential Supporters Community with access to Resources
 - Discounted Treatment Rates

THE SOS CODE™ - WHY IS AWARENESS FREE?

As long as it's FREE to us, it's FREE

- We are all supporting someone and most of us without any training
- We are putting ourselves and those suffering at risk, simply by not knowing enough.
- This is like CPR for the mind; everyone should know it and not be excluded because of costs
- As long as this is FREE to us, it's FREE to you

What's not FREE

- Travel costs, if we're travelling more than 10 miles to deliver this we ask you to pay for travel expenses
- You provide the training space, on site or otherwise booked and paid directly by you.
- You provide any refreshments for the day.
- You print your learning map for the training day.
- You can pay for a certificate, but it's not needed, it's your choice.

THE SOS CODE™ - EMBEDDED FIRST AID CERT

Costs - Individual

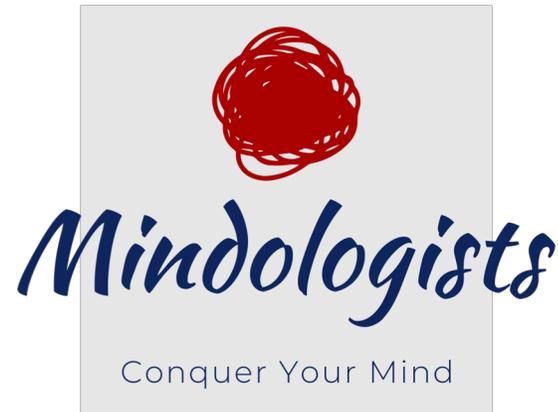
- £395 (ex-VAT)
 - Includes Printed Cert & Use of Branding
 - Includes Professional Mentor Support
 - Includes One Year Supporters Platform Membership
 - Includes Access to Online Resources
 - Includes Bi-Annual Refresher at £95
 - Includes 25% Mindologists Treatment Discount

Costs - Company

- £2950 (ex-VAT)
 - Allows up to 12 Registered Delegates
 - Includes Printed Cert & Use of Branding
 - Includes Professional Mentor Support
 - Includes One Year Supporters Platform Membership
 - Includes Access to Online Resources
 - Includes Bi-Annual Refresher at £95
 - Includes 25% Mindologists Treatment Discount



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ARE YOU READY?

Please visit our website, email or call for more information.

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Kindest, Mindologists.

Conquer Your Mind - Working together we shape and save lives.