



MindSet

On a mission to drive forward positive changes in our understanding and treatment of mental wellbeing

Mindset is a revolutionary magazine created to disseminate authoritative, accurate, beautifully presented, easily assimilated information, about all aspects of mental health.

With a world class Editorial Advisory Board, the journal is information-led and offers readers factual advice, insights and support.

Mindset Magazine covers everything from prevention and diagnosis, treatments and rehabilitation to workplace initiatives and financial and legal advice. It includes case studies, readers letters and guidance on complementary therapies, alongside the latest news and research and development.

We need to talk about mental health...

Around 450million people currently suffer from mental health disorders making it one of the leading causes of ill-health and disability worldwide. Yet the stigmas and stereotypes that attach themselves to poor mental health isolate and prevent people seeking support. This inability to talk openly about their mental health can be one of the worst parts of the illness for sufferers, so by opening up the conversation; sharing stories; providing advice and signposting where to get help; we can break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all.

...and the workplace is a good place to start:

- Better mental health support in the workplace can **save UK businesses up to £8 billion** per year

- Mental health problems result in the **loss of 15.8 million** working days each year

- Poor employee mental health **costs UK employers £42bn** per year

- **89% of workers** with mental health problems report an impact on their working life: 37% of sufferers are more likely to get into conflict with colleagues; 80% find it difficult to concentrate; 50% are potentially less patient with customers/clients.

- **Up to 300,000 people** with mental health problems **lose their jobs** each year, much higher than the rate of job loss among those with a physical health problem.

- Just **13% of employees** would be comfortable talking about mental illness at work

- **95% of employees** calling in sick with stress give a different reason

MINDSET FOUNDATIONS PARTNERSHIPS

Revolutionising the understanding and treatment of mental health in the workplace

ALLEN & OVERY

BDO



PKF



STEWARTS
THE LITIGATION SPECIALISTS



MACFARLANES

Our foundation partners are companies dedicated to revolutionising our understanding and treatment of mental health. They each have a strong focus on the welfare of both their personnel and their clients and a deep understanding that mental and physical fitness go hand in hand.

Our partners use Mindset Magazine as a platform to showcase the myriad of exciting workplace initiatives and projects they have in place, identify themselves as **organisations at the forefront of ensuring maximum mental wellbeing within the working environment**. Join our partnership programme and ensure your staff have access to up-to-the minute, beautifully presented information on mental health and

- **Our partners receive 4 pages in the magazine per year, articles and links on the website**
- **Plus up to 50 free print copies and organisation wide digital access to the magazine**

PLUS:

- Help get free copies into all NHS Mental Healthcare Trusts for both staff and patients (22% of reported sickness absences in the NHS in 2017/18 were due to stress).
- Help get free copies into secondary schools and universities (10% of school children - tomorrow's employees – have a diagnosable mental illness).

MINDSET FOUNDATIONS PARTNERSHIPS

Revolutionising the understanding and treatment of mental health in the workplace

The collage features several articles and advertisements:

- Covid-19 Counting the Cost:** An article discussing the impact of the pandemic on mental health, featuring a blue elephant illustration.
- Benefex Work Inspired:** An advertisement for Benefex, a company focused on workplace mental health.
- Let's get PHYSICAL:** An article by BDO Partner Chris Grove about the benefits of physical activity for mental health.
- AGAINST LIVING MISERABLY:** An article about the challenges of living with mental health issues, featuring a couple on a walk.
- Training towards FINANCIAL FITNESS:** An article by WealthWizards about financial planning and mental health.
- TOGETHER APART:** An advertisement for Stewart's, The Litigation Specialists, featuring a couple on a sofa.
- BDO:** An advertisement for BDO, a global business advisory firm.
- WealthWizards:** An advertisement for WealthWizards, a financial planning firm.

Partnership Rate Card

Gold £10,000 p/a

- 2x Print and online features
- 4 full page ads
- Quarterly newsletter
- Social promotion
- Print and online partnership listing
- Print & digital editions for employees

Silver £5,000 p/a

- 2x Online feature
- 2 full page ads
- Quarterly newsletter
- Social promotion
- Print and online partnership listing
- Digital editions for employees

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GET IN TOUCH

Mindset Magazine's aim is to build long term and mutually beneficial relationships to revolutionise the understanding and treatment of mental health in the workplace, and ultimately to end the stigma attached to mental ill-health.

If you would like to be part of the solution, we can't wait to hear from you.

For partnership opportunities: fiona@mindsetmagazine.co.uk

For advertising opportunities: heather@mindsetmagazine.co.uk

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