



Organisation Group

*E*veryone *M*ust *H*elp *O*ne another

**& ASSOCIATES**



A "1" Stop Mental Health Care

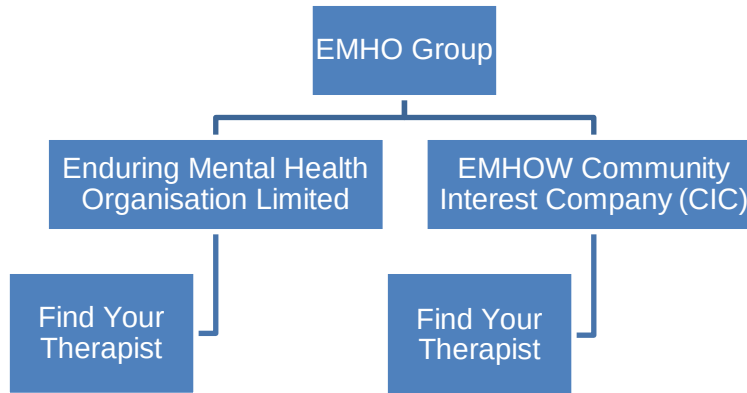
Service & Solution Provider

*Dedicated to Changing People's Lives*

[www.emho.org.uk](http://www.emho.org.uk)

[www.emhow.org.uk](http://www.emhow.org.uk)

## Group Structure



## Our USP's (Unique Selling Points)



We give a complete personal touch to all the Professional Services & Support, we offer.



We use a diverse approach to our clients, using a combination of Life Coaching, Personal Experience & Professional Wellbeing Therapies & Techniques.



We adapt our personal approach with a multicultural attitude, to ensure our clients receive our services and support in the right way.



People in today's communities want a simplistic, but effective and professional support service. This is what our Organisation offers and will continuously deliver. When you are suffering or going through a dark moment, the last thing you need is complication.





Everyone Must Help One another

## Meet the Team



**David Scarfe**  
Founder, Group Partner & Managing Director



**Emma Stone**  
Group Partner & Director of Consulting Services



**Dr. Chnanis Kongsuwan Ladha**  
Group Partner & Director of Health & Wellbeing Services



**Jake Karim**  
Group Partner & Director of Corporate Wellbeing Development



**Charlotte Lowe**  
Associate for Children & Young People's Mental Health



**Sara Cochrane**  
Consulting Mental Health Nurse



**Sue Taylor**  
Group Mental Health Training Consultant



**Nicola Owen**  
Consulting Educational Wellbeing Practitioner



**Susan Hayward**  
Associate MHFA Training Manager

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**Enduring Mental Health Organisation Limited**  
Registered in England & Wales. Reg. No: 11465279  
**EMHOW Community Interest Company**  
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Everyone Must Help One another

## Meet the Team



**Melissa Collett-Mills**  
Consulting Counsellor &  
Life Coach



**Jemma Bryson**  
Group Customer  
Liaison Officer



**Michael Pattinson**  
Group Health &  
Safety Consultant



**Alexandra Massey**  
Group Wellbeing  
Workplace Coach



**Alice Newton-Leeming**  
Associate for  
Suicide Prevention



**Beth Reader**  
Consulting Psychological  
Wellbeing Practitioner



**Paul Kalaher**  
Associate Legal Analyst



**Shig Hayre**  
Associate Addiction  
Specialist



**Andy Murray**  
Group Accountant & Community  
Mental Health Ambassador

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## Therapies we offer

We offer a variety of Professional Mental Health Services & Treatments, in which some of these are diverse to the normal services available to people on the NHS today. These are:

- Psychology, Face 2 Face and Walk and Talk. *Our Listening Services & Online Private Chat Clinic launching in late 2019/early 2020*
- Counselling (Face 2 Face or via Telephone/Skype)
- Psychotherapy
- Cognitive Behavioural Therapy (CBT), Face 2 Face or via Skype.
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Neuro-Linguistic Programming (NLP)
- Equine Facilitated Learning Therapy (EFL)
- Equine Facilitated Psychotherapy (EFP)
- Emotional Freedom Technique (EFT)
- Psychological Intervention
- Hypnotherapy
- Mindfulness-Based Therapy
- Rewind Technique Therapy
- Stress Coaching



## Some of the issues we support, but not limited to...

- Stress Management
- Anxiety and/or Depression
- Emotion Management
- Behavioural change
- Phobias
- Pain Management
- Relationship Difficulties
- Life Transitions
- Self-Esteem and Confidence
- Eating Issues
- Healthy Weight Loss
- Smoking Cessation
- Personal Development
- Traumas



## Wellbeing Services

- Workplace Wellbeing Improvement Programmes; MHFA England First Aid Training; Suicide Prevention Training Solutions.
- Life & Stress Coaching.
- Mental Health Advising & Facilitating; Mental Health Advocacy.
- Educational Mindfulness & Wellness Training Workshops.
- Legal Analyst Services.
- Alcohol & Substance Addiction Recovery & Support Services.



## Find Your Therapist - A "1" Stop Mental Health & Wellbeing Therapist Network

We offer confidential, personal and professional consultations either via Face 2 Face, Walk & Talk or Skype (CBT only) and will be launching our Online Private Chat Service early in 2020.

Our locations will continuously grow as our therapist network increases nationwide.

We are fully GDPR compliant and Client Services Agreements will be signed by both parties, prior to any consultations commencing.

To find out further information about this service, please visit our website at [www.findyourtherapist.uk](http://www.findyourtherapist.uk)

## Our Corporate & Public Membership Packages



Empowering our Minds Helps Our Wellbeing

We offer three types of Membership, which are Bronze, Silver and Gold.

Full details of these can be found on our website under the "Our Services > Membership Packages" section.

EMHOW'S Membership Packages



[www.emhow.org.uk](http://www.emhow.org.uk)

By early 2020 a Smartphone App version of our Membership Portal will be available for Android and our iOS version.

Finally, all our Mental Health & Wellbeing Documents will be available in Audio and Subtitled Video formats by the end of 2019, in order to support our Blind and Deaf Communities.

## Overview of our Membership Packages

- **My Wellbeing Centre** – extensive range of useful information on Disorders & Illnesses; Problems & Traumas; Professional Support; Self Therapy; Carers & Families; Financial Advice; Your Rights and Legal Advice & Relapse & Setbacks, Children & Young People's Mental Health & Explainer Videos.
- **My Wellbeing Training Centre** being launched in early 2020 – Coaching, Mentoring, Training & Development Courses will be available on Mental Health & Wellbeing.
- **My Mental Wellness Centre** being launched in early 2020, which will comprise of an extensive range of Employee Access Programme; Exercise; Health Insurance; Meditation; Nutrition and Yoga information and support services.
- We will be launching the Information Library for the Blind and Deaf Community (Audio & Subtitle Documents) by the end of 2019.



## Our Facebook Community Group

- Want a Confidential & Private Place to Talk?
- Looking for support and advice, or just other people who also suffer with Mental Health problems to chat with?
- Are you after impartial advice, guidance & information on your Mental Health & Wellbeing?



## The Enduring Mental Health Organisation Facebook Group Offers

- A Confidential Community Forum where you can express and discuss your feelings, with like-minded people.
- A Private Messaging Service on our Facebook Page, [m.me/enduringmentalhealth](https://m.me/enduringmentalhealth)
- Professional, impartial guidance & support.
- Member's Events, such as Wellbeing Webinars; Music & Quiz Nights and Question Time, where you have the opportunity to ask professionals online, questions surrounding mental health and wellbeing.

You can find us at <https://www.facebook.com/enduringmentalhealth>



## Our Mission Statement

*To be one of the UK's Leading*

**“Personal & Diverse Mental Health Wellbeing Organisations –  
Dedicated to Improving People's Lives”**

We will offer & deliver people Professional & Simple Mental Health Advice & Support Services so we can continuously strive to increase the awareness & education of Mental Health in both our Corporate & Public Communities today & for the future”.

