



LMWS Wellbeing in the Workplace

A healthy, happy workplace can attract the best talent, reduce absence and motivate staff to achieve remarkable results. However, stress at work is increasingly common, and the pressures of the past year have put more strain on employees' mental wellbeing than ever before.

The Leeds Mental Wellbeing Service (LMWS) offers free sessions to help staff better understand their mental wellbeing at work and in daily life. Open to all Leeds-based organisations and delivered by qualified psychological wellbeing practitioners, the sessions provide proven cognitive behavioural therapy (CBT) self-help techniques to help treat anxiety, stress and depression symptoms.

The sessions cover:

- ✓ Understanding stress and the impact of work
- ✓ Relaxation techniques
- ✓ Managing worry
- ✓ Understanding and controlling negative thoughts
- ✓ Overcoming sleep problems
- ✓ Problem solving practical issues
- ✓ Positive lifestyle choices to help reduce stress
- ✓ How and where to access further information, support or therapy if needed.



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How does it work?

LMWS will work with you to arrange convenient date(s) and time(s) for your session(s). We'll then provide a unique link for your staff to find out more and book a place on their chosen date. We can also provide communications templates for you to advertise the session(s) via your internal emails, newsletters and intranet.

When the day arrives, staff will receive a link for the live session and a workbook to help them continue to practice their new skills afterwards. The sessions are run on Microsoft Teams and are confidential while interactive. Participants' cameras and mics are disabled automatically, but we encourage interaction with the practitioners via the live chat function.

Data and confidentiality

We cannot share any staff information with employers, other than who has attended the session(s). All participants are required by LMWS to complete a nationally set questionnaire in advance. All data is kept confidential within LMWS and is not shared with GPs or stored in medical records.

Get in touch

To discuss your needs and arrange free sessions for your staff, please contact: lmws.groups@nhs.net. For more details, please visit the [LMWS website](#).