

MANAGING AND PROMOTING BETTER MENTAL HEALTH FOR YOUR EMPLOYEES



Tlero®



BREAKFAST SEMINAR

WEDNESDAY 7th NOVEMBER

10th October is World Mental Health day. A day to raise awareness and support for better mental health.

Charities such as Mind work hard to provide advice and support to empower anyone experiencing a mental health problem. But what can employers be doing to help improve the mental wellbeing of their staff from a more proactive perspective?

We are pleased to be partnering with Tlero, an online support platform working to reduce employee stress, anxiety and depression, to present a breakfast seminar on how to manage and promote better mental health for your employees.

Tlero will also be joined by the employment team at Goodman Derrick LLP who will share some examples of when things can go wrong and how to effectively manage these very delicate situations.

About Tlero

Tlero's platform offers staff the resources they need to prevent stress, anxiety and depression whilst also working to improve productivity. This includes online articles, blog posts, podcasts and videos as well as offline wellbeing providers within the community who can offer a range of different activities to keep a healthy mind.

Their unique algorithm tailors the content and providers to the individual based on a simple wellbeing score generated from answering a few questions. They also supply you with engagement feedback and anonymised data which shows a general wellbeing score across the company.

Tlero's main aim is to improve staff wellbeing whilst also offering organisations peace of mind in that they're actively investing in their employee's mental health.

This is a free event but places are limited so please register if you are interested in attending, please contact Kate Fisher kfisher@mdhr.co.uk or call **020 3587 7064** for more details.

DATE

Wednesday
7th November
2018

TIME

Breakfast served from
8.30am for a 9.00am start,
10am finish

VENUE

Goodman Derrick LLP
10 St Bride Street
London EC4A 4AD

RSVP

Please email
kfisher@mdhr.co.uk or
call 020 3587 7064



MACMILLAN DAVIES