

What we offer?

Our team is qualified to conduct outreach assistance and peer-support programs to support and train employees and help your organisation to progress through various approaches including:

Educating employees with coping and problem-solving strategies:

This would empower individuals and enable them to improve working relationships with their colleagues and to relocate their social connections



Assertive community treatment (ACT):

The procedure will make use of person-centered and recovery-oriented approach that would aid in building inner-resilience to stigma and discrimination by increasing patients' (with mental complexities) hope and self-confidence. Furthermore, through a vocational approach, individual would be able to achieve their personal goals according to their interests.

Encourage Better Mental Health Through Proactive Team Building



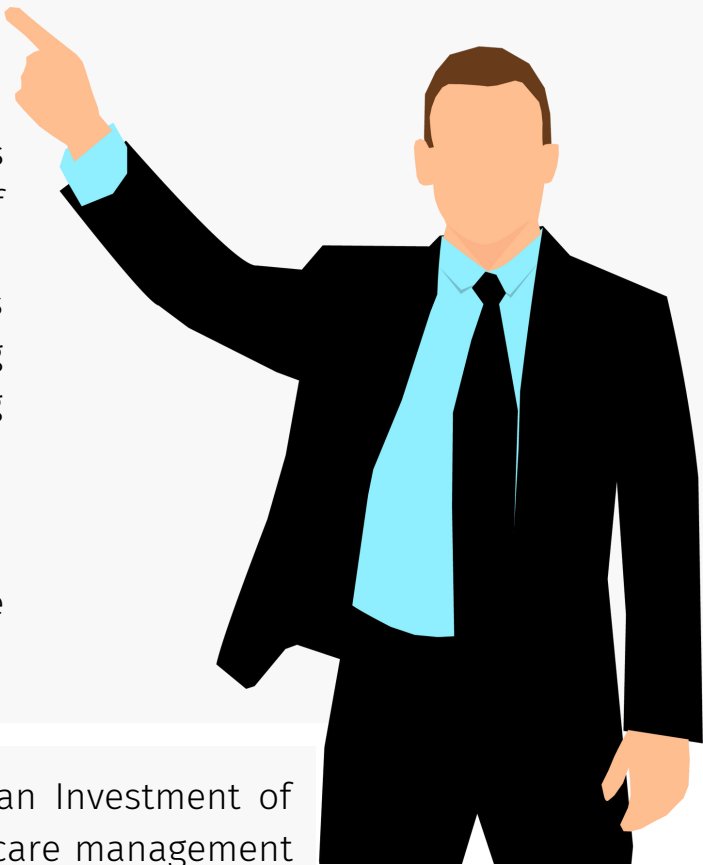
Case management:

To meet comprehensive health needs of an individual diagnosed with serious mental health illness, our team members will exercise proper evaluation, planning, facilitation, coordinated care through involvement of multidisciplinary services to favor workers' safety and well-being.

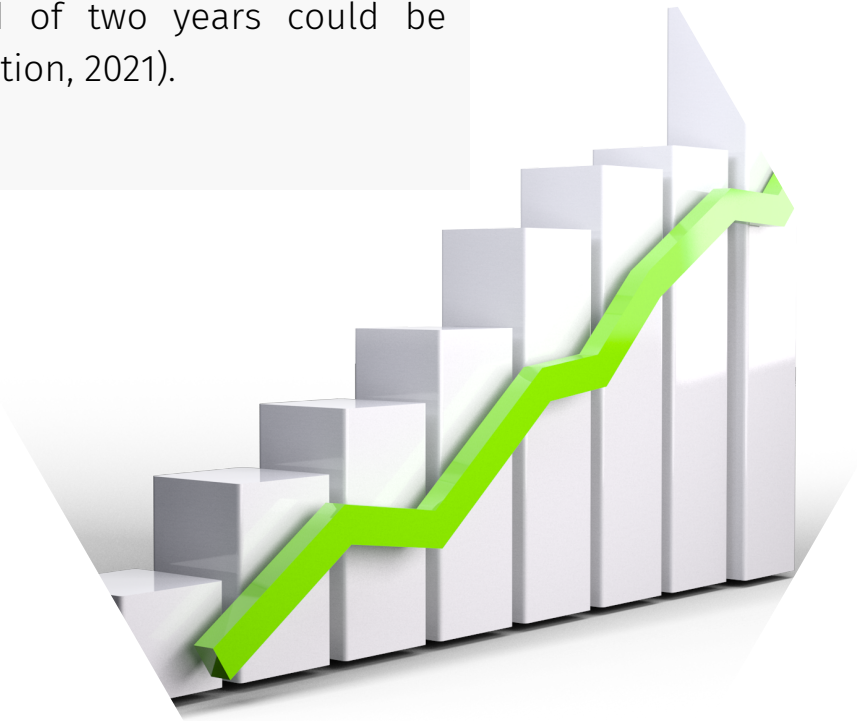
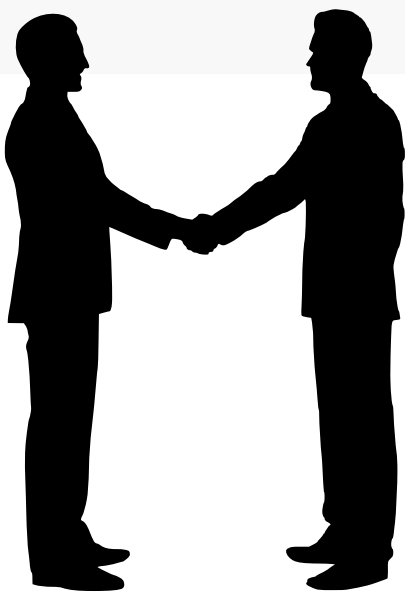


Essential good business practices to reduce mental ill-health at work:

- Regular assessment of employee's workload to indicate the level of performance they are giving
- Encourage them to take breaks regularly in between the working hours like talking to a friend or having a coffee break with colleagues
- Promoting healthy eating habits and regular exercise
- Employers advocating constructive conversation with employees



According to an economic model, with an Investment of £20,676 on the employee screening and care management in the company comprising 500 employees, net profit of approx. £83,278 over a period of two years could be achieved (Mental Health Foundation, 2021).



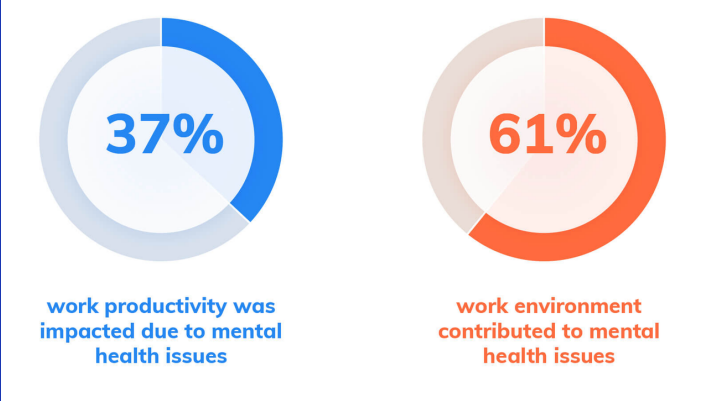
We adhere to the standard procedures of record handling and keeping confidentiality. Practically, burdensome work would be consummated by our team, all that we would be requiring from you is your time and space. With your willingness, we would be able to resolve the crucial mental health issues collectively, by helping your employees recover and make use of their potential in the promotion of your business.

My name is Aqsa Butt, a Peer Support Worker (PSW), and sole representative of AQ Consultancy firm. I am here to provide assistance and reinforcement plans to help those individuals who are bearing hardships due to their complex mental health needs. Having experienced, personally, the deleterious effects of psychological issues, I can immensely understand their conditions and the wide range of drawbacks associated with them. Therefore, I have been trained to use my intuition in offering formal services to comfort and guide individuals and groups going through similar circumstances. I and my collaborators aim to reduce the growing rate of mental health issues among employees in the workplace through strategically planning care and support programs.



What majority of people need to know about mental health?

Approximately one in seven people (14.7%) in the workplace experience mental health issues in the UK. 12.7% of the employees frequently calling out sick leaves are those who are suffering from poor mental health conditions (Mental Health Foundation, 2021). This not only reduces the level of productivity by 37% but also contributes to an extensive loss in the country's economy and raise up medical expenses (American Psychiatric Association, 2021).



Recently, peer support services have exponentially gained prevalence and become the central focus in psychiatric and health care due to an increase in the recovery paradigm. It is believed that peers possess the capacity to influence behaviors of the people suffering from similar conditions, more effectively through sharing their own experience and providing mutual aid (Chinman et al., 2014).



If the answer to all of these questions is in affirmative then these foregoing concerns could be the red flags giving hints of the poor mental state of employees working at your place and have lost connectedness with their purposes and aspirations. One of the greatest challenges we as a society face is the stigma that is attached to discussing or getting treatment for mental health issues.

Our Ambition...

Our support team has come forward to facilitate your employees (with mental health issues), staff, and the organization to promote:

- A platform that offers mutual support and understanding for the workers
- A secure work environment that could reduce employee turnover and increase their resilience
- Company-wide mental wellness
- Positive response to the requirements of employees by managing their mental wellbeing
- Help-seeking behavior by reducing stigmatization in the workplaces

