



Staff and Workplace Wellbeing

We recognise the importance of supporting the wellbeing not only of young people and families, but also of employees in the workplace. A healthy and thriving work environment depends on the wellbeing of its staff.

Our experienced mental health and wellbeing team is dedicated to providing resources that foster a positive and supportive workplace culture. Whether it's stress management, work-life balance, or building resilience, we collaborate closely with organisations to develop tailored solutions that promote staff wellbeing and mental health.

That's why we offer a comprehensive range of staff wellbeing and support services, designed to meet the specific needs of businesses and organisations. Learn more about these services below.

E: mentalhealthservices@ymcatrinity.org.uk
T: 01733 373187



Here for young people
Here for communities
Here for you

YMCA TRINITY GROUP

Direct Support

Our team of fully qualified counsellors offers tailored support designed to reduce staff absence and enhance productivity. Services can be accessed through a flexible credit-based system or via our proven Day Rate model for more regular engagement.

- ▶ Face-to-face or virtual counselling sessions
- ▶ A centrally managed credit bank, available on referral basis
- ▶ Weekly or fortnightly 'drop-in' sessions for low-level concerns or general wellbeing advice

This approach ensures accessible, responsive support that meets the evolving needs of your workforce.

Direct Reflective Supervision

Reflective supervision offers a structured, professional space for staff to explore their thoughts and feelings, helping them gain insight and strengthen their approach to supporting others. This regular, boundary-led relationship encourages self-awareness and promotes best practice.

While beneficial for all staff, reflective supervision is particularly valuable for those in senior, pastoral, or emotionally demanding roles. These sessions help reduce stress, mitigate the impact of challenging work, and support long-term wellbeing and sustainability in the role.

<https://ymcatrinitygroup.org.uk/staff-and-workplace-wellbeing/>

Empowering staff with mental health training builds confidence, reduces stress, and promotes a healthier workplace culture.

“Employers who invest in mental health support see an average return of £4.70 for every £1 spent.”

With mental health needs on the rise, supporting employees is more important than ever. While our core focus is on children and young people, we also recognise the value of strengthening the networks around them — including the professionals who support them.

We offer flexible training to help staff:

- ▶ Understand mental health
- ▶ Respond confidently to wellbeing concerns
- ▶ Foster a positive and supportive work environment

For more information, visit our website here:

