

# The Mind Map





The Mind Map navigates people to better mental health through journalism, therapy, Mental Health First Aid training and signposting...



# We're promoting a new normal...

Where people can talk about their emotions, as comfortably as they'd talk about last night's game or the latest Netflix series. In these fractured times, our expert writers and photographers are exploring stories around the thing that unites us all - mental health. Good or bad, we all have it.

We can be at our best through exercise, connection, nutrition, awareness, therapy, meditation, medication - whatever works. Stormzy wasn't always 'Stormzy'; born with that big personality and rap skills. He battled his way to success via self doubt, depression and disapproval. We've seen Tyson Fury climb off the canvas, Zoella broadcasting to millions despite panic attacks. These stories matter, filling the void between perception and reality.

But whilst awareness is important, action is vital. The Mind Map's BACP and NCS accredited counsellors offer our visitors tangible, professional help. Through our 'find help' section you can enter your postcode and be guided to free mental health services in your area. Curious about yoga, mindfulness, therapy, cooking, running? It's all here for you to explore.

Our team of writers, researchers, psychotherapists and Mental Health First Aid instructors' empathy for the black dog is legitimate. They say it takes 10,000 hours to master a skill and we've paid our dues, both emotionally and academically.

The Mind Map's innovative approach to helping individuals and organisations access mental health support is also informed by a three year research project supported by the NHS, Liverpool John Moores University, service users and scientists.

Our latest research into current online mental health provisions showed a staggering 88.5% of students at Liverpool John Moores University felt there were not enough online provisions available. 37% rated the support they encountered as 'poor' and 43% responded it was 'ok'. To also help us uncover the mental health needs of young people we run workshops at organisations including the NHS, Merseyside Youth Association, Edge Hill University and The National Citizens Service.

To book Mental Health First Aid training, BACP and NCS accredited counselling for staff, or to advertise, support or partner with us contact [info@themindmap.co.uk](mailto:info@themindmap.co.uk). We are a profit for purpose organisation who use our funds to provide free counselling for those who need it most.





# Is your organisation Mental Health First Aid trained?

As leading providers of MHFA England accredited Mental Health First Aid training, The Mind Map have trained hundreds of new Mental Health First Aiders across a variety of sectors including the arts, hospitality, finance, and education. Mental Health First Aid courses teach people to spot the symptoms of mental health issues, offer initial help and guide a person towards support.

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# We can be your psychotherapy partner...

The Mind Map understand there can be times when your staff need additional emotional support and that balancing the pressures of work and personal lives can be stressful. We offer a range of wellbeing services tailored to the needs of your business from in person and online counselling with high quality BACP & NCS accredited counsellors to Mental Health First Aid training and mindfulness workshops.

Each of our therapists engage with regular clinical supervision to enhance their professional development.

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From the baby boomers to gen z, as humans we tend to look-up to our actors and athletes, bands and ballers. Who better to help us lift the stigma and show that we all sit somewhere on the mental health continuum?

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Blossoms Spring 2019



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Leighton Baines Spring 2019



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Idles Spring 2019



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# Creative Partnerships: align yourself with the mental health conversation

From working with Liverpool John Moores University to uncover their students' wellbeing habits via photojournalism and research - to producing a mental health zine for Arriva, distributed on their buses across the UK - we have form for tastefully aligning brands with crucial mental health conversations. Our creative activations have also included a mental health exhibition and accompanying content series at music festival Liverpool Sound City, exploring how musicians stay well in the context of heavy touring schedules and light wallets due to the rise in streaming.

Elsewhere, our team have created cutting edge articles for international magazines such as Vice & Dazed, and worked with leading brands on multiple platforms. Through website material, video content, print releases and events, we're ready to attack mental health with unavoidably interesting content that can engage, entertain and ultimately direct our readers to the help they may be needing.

**By partnering with The Mind Map, your investment is helping young people access mental health services. To chat about collaboration: [info@themindmap.co.uk](mailto:info@themindmap.co.uk)**





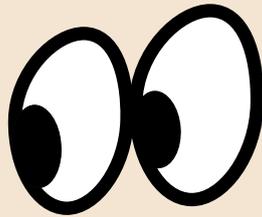
# Uncovering the wellbeing habits of young people...

The Mind Map's innovative approach to helping individuals and organisations access mental health support is also informed by a three year research project supported by the NHS, Liverpool John Moores University, service users and researchers at Imperial College London.

Having an experienced editorial team means we can couple our research with real life interviews - uncovering young people's experiences and solutions around mental health to help reduce the stigma, whilst encouraging peer led wellbeing advice.

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to get in touch please contact us at  
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