



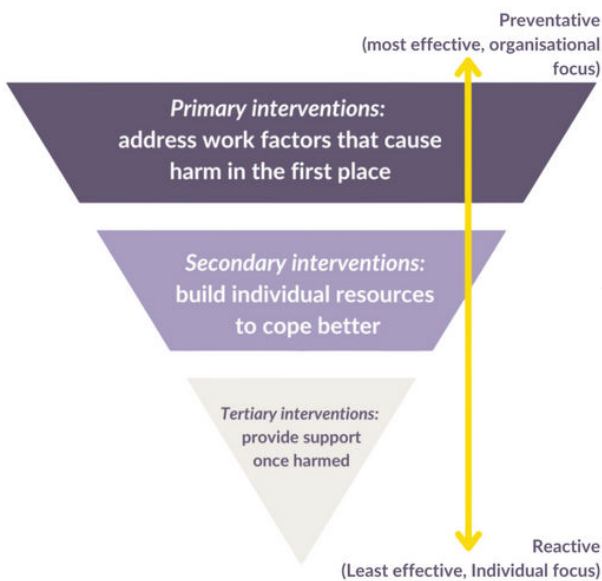
**UMBRELLA**

# Your complete wellbeing partner

We are a team of **experienced psychologists, researchers and workplace wellbeing experts** with the capability and capacity to provide your organisation with a tailored approach to wellbeing.

We bring our expertise in behaviour change to help your organisation navigate stress and promote mental health.

As your complete wellbeing partner, Umbrella provides a full continuum of wellbeing care to meet your needs:



Ref: Government Health and Safety Lead 2023

## Primary interventions

- Psychosocial Risk Assessment and Wellbeing Assessment
- Wellbeing strategy, review & consulting
- Training to build leadership and organisational capability

## Secondary interventions

- Training to build individual mental health and resilience capability
- Peer support programmes
- Wellbeing coaching for leaders
- Psychoeducation and resources

## Tertiary interventions

- 1:1 psychological support
- Enhanced EAP services

0800 643 000

office@umbrella.org.nz

www.umbrella.org.nz



UMBRELLA

# What we offer



Primary interventions



Secondary interventions



Tertiary interventions

## ASSESSMENT

*Online surveys providing insights into the unique wellbeing opportunities for your organisation*

- Wellbeing Assessment (15 mins)
- Wellbeing Pulse (5 mins)
- Psychosocial Risk Assessment (15 mins)

## TRAINING

*Half-day and full-day workshops | 60-90 minute introductory trainings | In-person and online*

- Mental health and resilience training
- Leadership capability training
- Organisational capability training
- Psychoeducation and resources

## STRATEGY

*Together we will design a workplace wellbeing strategy and review your current practices*

- Wellbeing review - policies and practices
- Wellbeing strategy design
- On-call organisational support

## PSYCHOLOGICAL SERVICES

*Our network of psychologists and counsellors provide fit-for-purpose support for your people*

- Peer support programmes
- Wellbeing coaching for leaders
- 1:1 psychological support
- Enhanced EAP services