

CORPORATE DONATION PACKAGES

One to one counselling service

By sponsoring one of our packages you can
make a huge difference to people's lives.

THE
**Lucy
Rayner**
FOUNDATION



One to one counselling service

Counselling can help with mental health conditions such as depression, anxiety, eating disorders, low self-esteem, anger, or difficult life events, such as bereavement, relationship breakdown or work-related stress.

In counselling, people are encouraged to talk about their feelings and emotions with a counsellor who listens and supports without judgement or criticism.

We offer

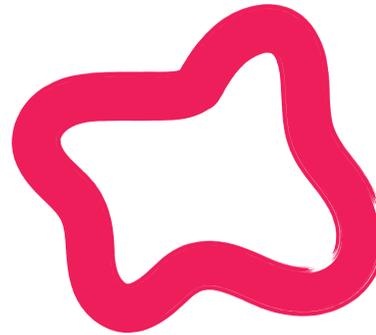
- Support through qualified counsellors
- Free service to people aged between 14 and 39
- A minimum of six sessions
- A safe, therapeutic environment
- A fully confidential service

Package costs

6 sessions	£250
12 sessions	£500
18 sessions	£750
24 sessions	£1000

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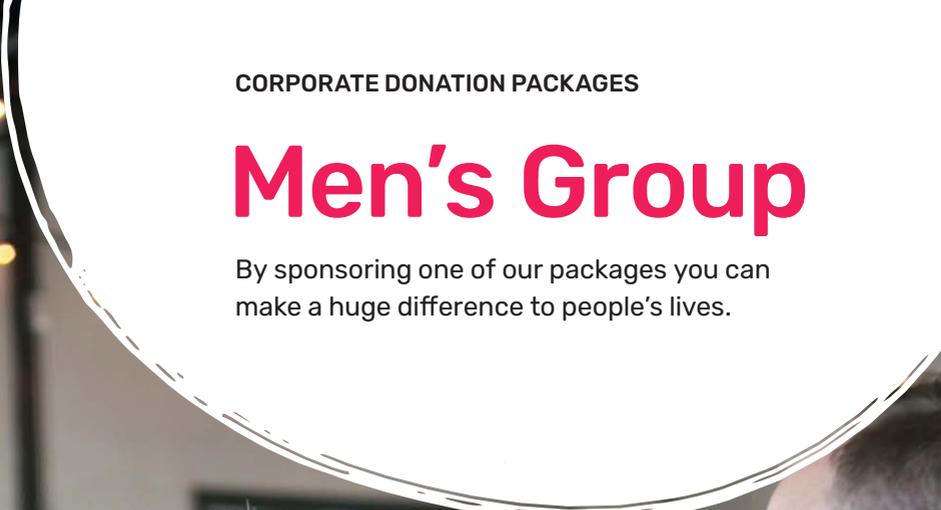
Since receiving counselling from the Lucy Rayner Foundation my whole view and approach to life has fundamentally shifted for the better. They have provided me with tools to manage day to day life, especially when I am struggling. I can't thank them enough for all the support they have given me."



CORPORATE DONATION PACKAGES

Men's Group

By sponsoring one of our packages you can make a huge difference to people's lives.



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Men's Group

A confidential and non-judgemental space helps people talk openly about the issues that affect their mental health.

The Men's Group provides such a space, giving like-minded men the opportunity to both listen and provide mutual support.

We offer

- Weekly sessions led by qualified counsellors
- Free service to all ages
- A safe, welcoming environment
- Additional support via WhatsApp Group
- A fully confidential service

Package costs

1 month	£189
3 months	£518
6 months	£1037
12 months	£2074

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The men's group has been a lifesaver for me! The friendship and support I have received have kept me safe. I know that if I need someone to talk to, I can reach out to anyone from the group any time of the day and they will be there to give me support. I don't know what I would have done if it wasn't there!"



CORPORATE DONATION PACKAGES

Just Talk - Family and Young People Support Group

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Just Talk - Family and Young People Support Group

It sounds so simple, but just talking about mental health challenges can already make a significant difference to those who are struggling.

Our monthly coffee mornings offer a welcoming environment for a chat and an opportunity for that first important step in the right direction.

We offer

- A monthly support group
- Free service for young people and their families
- A safe, welcoming environment
- Fully qualified and insured counsellors on site
- A fully confidential service

Package costs

1 month	£205
3 months	£616
6 months	£1231
12 months	£2462

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The Lucy Rayner Foundation has been amazing for our son, the understanding that he has received is such a magnificent help to us parents. They are amazing and have really put my family's mind at rest, helping us feel like we are doing the best we possibly can for our boy. Thank you so much for your help."

CORPORATE DONATION PACKAGES

Suicide Bereavement Service (SSBS)

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Suicide Bereavement Service (SSBS)

The death of a loved one through suicide is one of the most difficult situations to face.

The Surrey Suicide Bereavement Service helps families who are dealing with this painful situation. From counselling to practical support, there are many ways in which we help in the short, medium and long term.

We offer

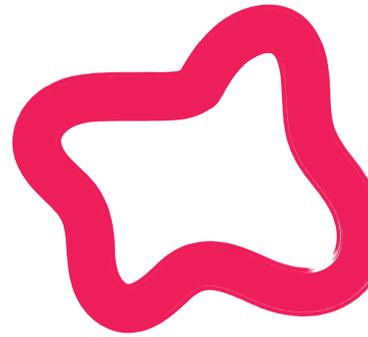
- A free service for families bereaved by suicide
- A safe, secure place to talk
- A referral pathway to GP or mental health services
- Practical support, advice and advocacy
- Guidance throughout the grieving process
- Fully qualified and insured bereavement officers
- Drop-in support sessions (face-to-face or online)

Package costs

1 family of 4	£2904
2 families of 4	£5808
4 families of 4	£11,376
6 families of 4	£17,424
8 families of 4	£23,232
10 families of 4	£29,040

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The service and the counselling for us all has been absolutely amazing and so so valuable. I've started going out and meeting friends again, something that was difficult but the counsellor has helped so much."



CORPORATE DONATION PACKAGES

Mental Health Resilience Workshop Half-Day Group

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Mental Health Resilience Workshop Half-Day

The Lucy Rayner Foundation offers resilience workshops designed to help everyone understand what mental health resilience means to them, know how to nurture their resilience and check into their own mental health.

We offer

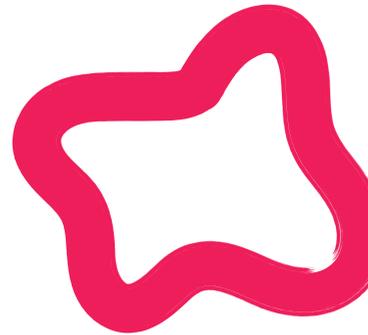
- A qualified trainer
- A classroom-based, interactive experience
- The tools to access your mental health resilience
- Advice on mental health resilience
- Small groups of 25 people (maximum)
- Space for open conversations

Package costs

1 half-day workshops	£825
2 half-day workshops	£1650
3 half-day workshops	£2475
4 half-day workshops	£3300
5 half-day workshops	£4125
6 half-day workshops	£4950

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Personally, I think that during your lifetime you meet a very small number of people that have a real, life-changing positive impact on you for whatever reason. You, your daughter and Josh are such people and my attitude has completely changed towards my own struggle thanks to your magic powers."



CORPORATE DONATION PACKAGES

Mental Health Awareness Workshop Half-Day Group

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make a huge difference to people's lives.



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Mental Health Awareness Workshop Half-Day

The Lucy Rayner Foundation offers awareness workshops for schools, universities and workplaces.

Our workshops are designed to help everyone understand the signs and symptoms of mental health problems, how to recognise them and know what action can be taken to help.

We offer

- A qualified trainer
- A classroom-based, interactive experience
- The tools to access your mental health resilience
- Advice on mental health resilience
- Small groups of 25 people (maximum)
- Space for open conversations

Package costs

1 half-day workshops	£825
2 half-day workshops	£1650
3 half-day workshops	£2475
4 half-day workshops	£3300
5 half-day workshops	£4125
6 half-day workshops	£4950

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You did an amazing job. I said to my colleague afterwards that when you talked about mental health signs I recognized so many symptoms in myself."

CORPORATE DONATION PACKAGES

Lunch 'n learn

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Lunch 'n Learn

Our Lunch 'n Learn programme gives companies the opportunity to advocate and support mental health in the workplace.

During these 1-hour lunchtime sessions, participants learn how to understand stress levels, explore the meaning of mental health and look at signs and systems of mental health illnesses.

We offer

- A qualified trainer
- An online-based experience
- An open presentation on mental health issues
- Advice on self-help
- A safe, secure space to share
- The opportunity to follow-up with the presenter

Package costs

1 Lunch 'n Learn session	£185
2 Lunch 'n Learn sessions	£370
3 Lunch 'n Learn sessions	£555
4 Lunch 'n Learn sessions	£740
5 Lunch 'n Learn sessions	£925
6 Lunch 'n Learn sessions	£1110

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CORPORATE DONATION PACKAGES

Youth Mental Health England

Awareness Course Online - half day

By sponsoring one of our packages you can make a huge difference to people's lives.



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Youth Mental Health England Awareness Course Online - Half Day

Academic pressure, social media, bullying, poverty, lack of availability of professional mental health support – all have been regularly highlighted by various sources as being major contributors to the current epidemic of poor mental health in our young people.

This online-based format is for those who want to understand the mental health issues that young people face and offers advice on how to support them.

We offer

- A qualified MHFA England Instructor
- An MHFA England Certificate on completion
- The skills to start a conversation about mental health
- The knowledge to provide advice and support
- A safe, secure environment to learn and talk
- An online class delivered on Zoom

Product costs

Per person £70

(includes all course materials)

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Excellently delivered by the Lucy Rayner Foundation. I feel that I am now able to start a conversation with someone who is in need of support and not feel afraid that I will say the wrong thing. It's just brilliant!"





CORPORATE DONATION PACKAGES

Youth Mental Health England Awareness Course Online - 2 day

By sponsoring one of our packages you can
make a huge difference to people's lives.



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Youth Mental Health England Awareness Course Online - 2 Day

Record levels of young people struggling means we have an ongoing epidemic of poor mental health.

Youth Mental Health First Aid (MHFA) courses are for people who work with, live with or support young people between the ages of 8 and 18.

This course teaches how to spot the signs of mental health issues in a young person and how to listen, reassure and respond. It also provides the tools and skills to talk openly about mental health - and, in doing so, empowering young people to do the same.

We offer

- A qualified MHFA England Instructor
- An MHFA England Certificate on completion
- The knowledge to support a young person with mental health issues
- The confidence to reassure a young person in distress
- A Mental Health First Aid action plan
- A workbook including a helpful toolkit

Product costs

Per person **£200**

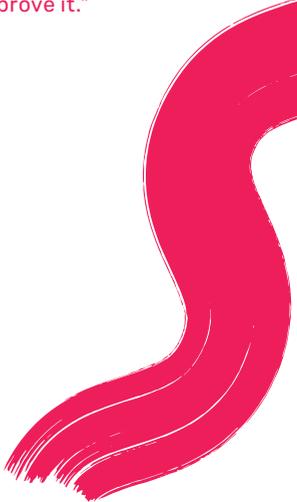
(includes all course materials)

Photo by Christina @ wocintechchat.com
Design services supplied by Jellyfish.com

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I have wanted to help my friend with mental health but never really knew how but thanks to the Lucy Rayner Foundation I really feel that I can support my friend now, I have learnt so much over the 2-day course! I am now a Youth MHFA and I have the certificate to prove it."

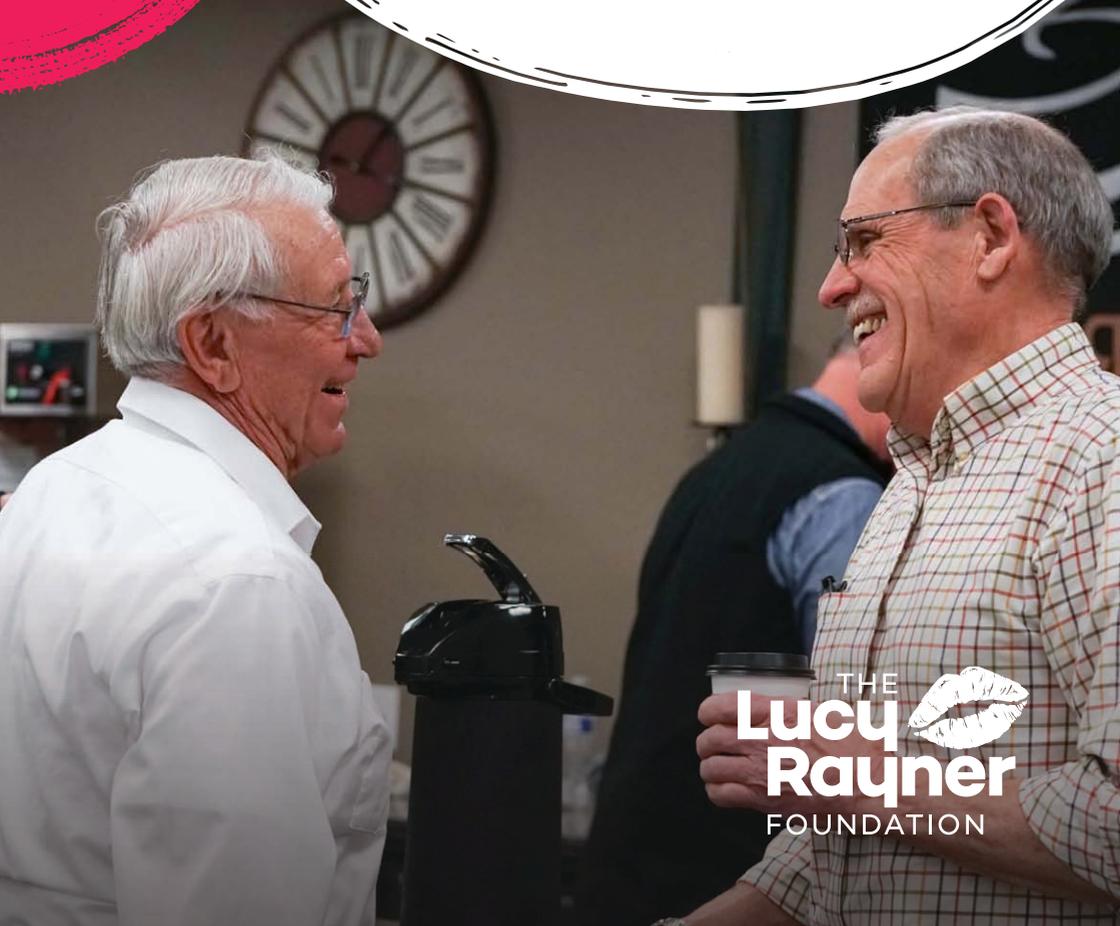
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CORPORATE DONATION PACKAGES

Adult Mental Health England First Aid Course - 2 Day

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THE
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Adult Mental Health England First Aid Course - 2 Day

Mental Health First Aid (MHFA) is a training course that teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

This in-depth course covers the skills required to listen, reassure and even step into a challenging situation - with the ability to potentially stop a crisis from happening in the first place.

We offer

- A qualified MHFA England Instructor
- An MHFA England Certificate on completion
- The knowledge to support people with mental health issues
- A Mental Health First Aid action plan
- A workbook including a helpful toolkit
- An encouraging learning environment

Product costs

Per person £200

(includes all course materials)

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