

INSULA WELLBEING

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Insula Wellbeing Ltd



Insula Wellbeing Services:

Transforming Lives and Businesses Through Personalised Mental Health Support

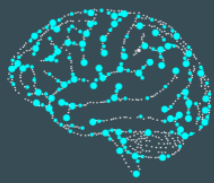
In a breakthrough for our local community, Insula Wellbeing Services is rewriting the narrative around mental health support, with remarkable outcomes for businesses and individuals alike. With their unique and proactive approach, they have become a lifeline for professionals who silently persevered, hoping for improvement without seeking help.

Meet Sarah, a dedicated professional who found herself struggling with her mental health. Like many others, she didn't want to burden her GP or reach out to helplines, clinging to the hope that things would miraculously get better. But as days turned into weeks and weeks into months, her situation worsened, impacting both her work and personal life.

Enter Insula Wellbeing Services and their dedicated clinics. When Sarah heard about the wellbeing check offered to all staff members, she saw an opportunity to receive the support she desperately needed without singling herself out. The inclusive nature of the clinics gave her the courage to seek help.

During her session, Sarah found herself in the hands of compassionate and clinically trained professionals who truly understood her struggles. They provided her with practical strategies tailored to her needs, offering a safe space to navigate her mental health challenges. The impact was transformative. Sarah felt supported, valued, and equipped to overcome the obstacles that once seemed insurmountable.

Sarah's story is just one example of the countless individuals whose lives have been positively transformed by Insula Wellbeing Services. Their expertise, experience, and dedication to providing personalised care have made them a beacon of hope in our community.



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Statistics reveal that businesses that invest in comprehensive mental health programs, such as those offered by Insula Wellbeing Services, witness tangible benefits. Reduced absenteeism, increased productivity, and enhanced employee engagement are just a few of the positive outcomes reported by partnering companies.

By prioritising the mental wellbeing of their employees, businesses demonstrate a commitment to creating a supportive and thriving work environment. Insula Wellbeing Services offers a range of services, including wellbeing checks, workshops, 1:1 sessions, monthly packages, and on-site clinics, ensuring that every individual receives the support they need.

Join the movement towards a mentally healthier workplace by partnering with Insula Wellbeing Services. Together, we can prevent talent drain, transform lives, and create a thriving business community where every individual feels supported, valued, and empowered to reach their full potential.

SHARON RUTHERFORD

Mental Health Therapist BSSc (Psychology), BSc, MSW
NISCC 1097649

JESSICA MELVILLE

Clinical Specialist Occupational Therapist BSc Hons
HCPC OT48457



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