

# Supporting NHS Frontline Workers Supporter Proposal



**Arthur Ellis**  
Mental Health Support

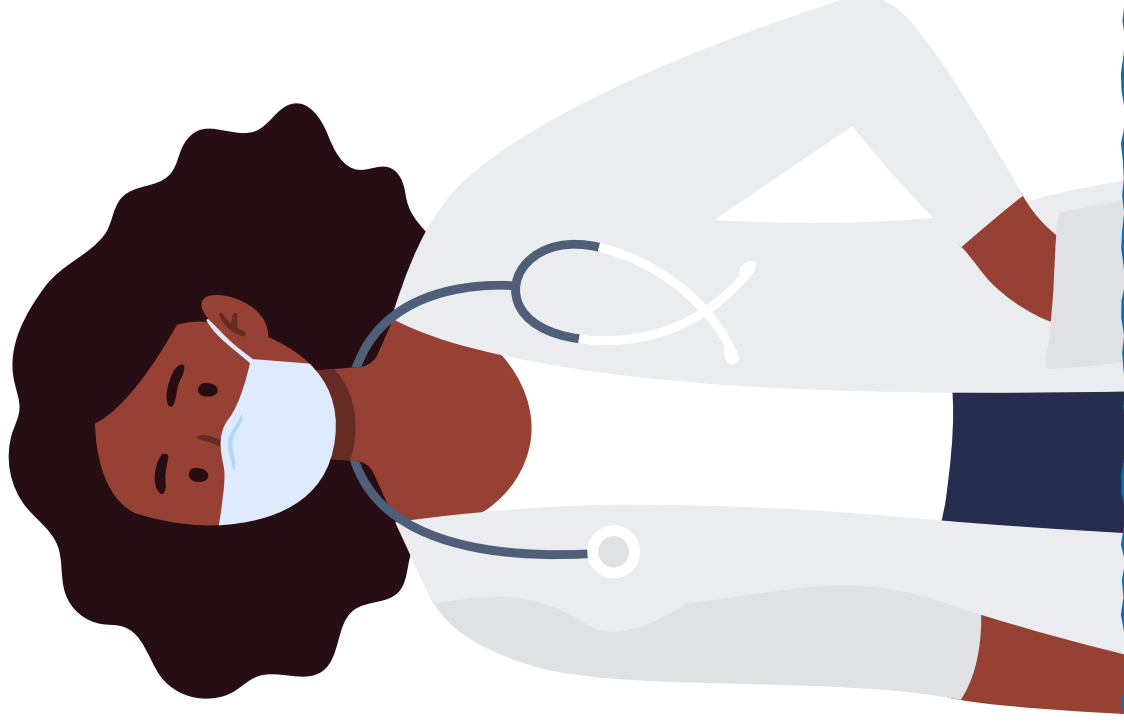
#SUPPORT OUR NHS FRONTLINE

# Introducing #SupportOurNHSFrontline

We are delivering emotional support to **2,500 NHS Frontline workers** in Bedfordshire, Luton and Milton Keynes.

By working with us, your organisation can be part of this **positive movement** to establish a support system for the workers who are saving our lives.

We don't want to **wait** until this is over to see the negative impacts to the NHS workers' mental health so lets get this in place for them **now** so we can help **reduce the impact in the future**.



**Arthur Ellis**  
Mental Health Support

# A message from Jon Manning

Founder & CEO, Arthur Ellis Mental Health Support



**I know first-hand the impact that trauma can have on a person. Not just at the time, but the impact that can have on the rest of their lives too.**

Arthur Ellis was started to improve access to meaningful mental health and emotional support for everyone at any age, whether this is through their organisation or directly. To ensure that support is consistent, we need to enable people to build strong relationships with those who can help them long term.

We have built an incredible, varied team of Mentors at Arthur Ellis, running a successful 1:1 service which is changing the lives of the people we support.

Our NHS Frontline workers need us now more than ever. What they are experiencing is unprecedented and we want to ensure we can build that supportive relationship now rather than waiting for this to be over to act.

So, we have the opportunity to run emotional support sessions for our frontline workers.

Giving them the opportunity to develop those supportive relationships away from their work, family, and friends to talk, listen and come up with practical ways they can support themselves with the help of our Mentors.

We are putting this support in place for them every 2 weeks for 6 months, with the same people in every group and the same Mentor to ensure that consistency is in place for them.

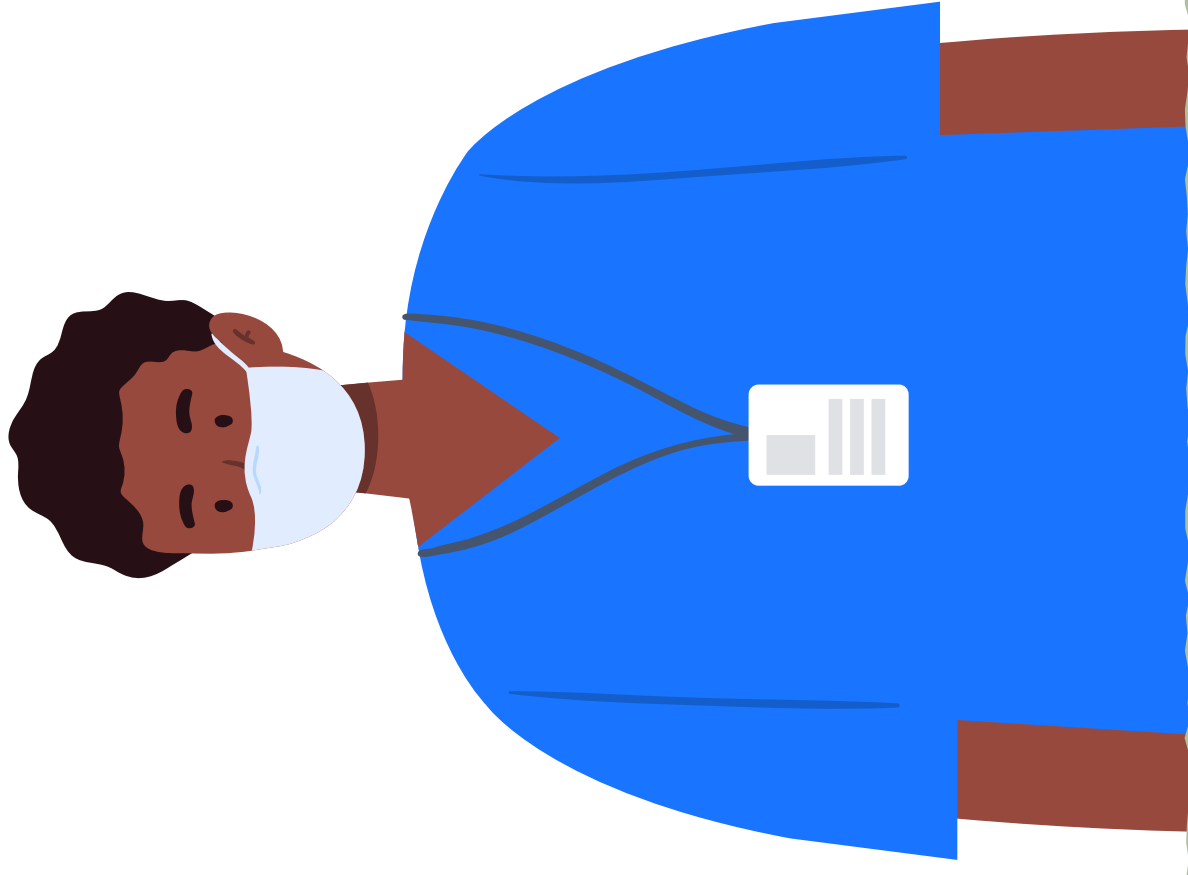
I hope you wish to be involved and we can work on this together.



## The service we provide:

We are offering **fortnightly group sessions** with the help of our Supporters to help NHS Frontline workers look after their **emotional health** through May and August.

With your help by becoming a supporter of the **#SupportOurNHSFrontline** campaign, we can provide a course of **12 sessions** of group support for **2,500 NHS Frontline staff** between May and August – and longer if needed.



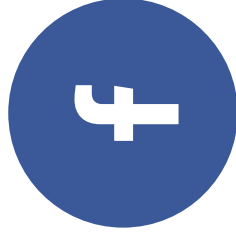
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## Social Media

Connect and engage with Arthur Ellis Mental Health Support on social media to help promote the **#SupportOurNHSFrontline** campaign.



@ArthurEllisMHS



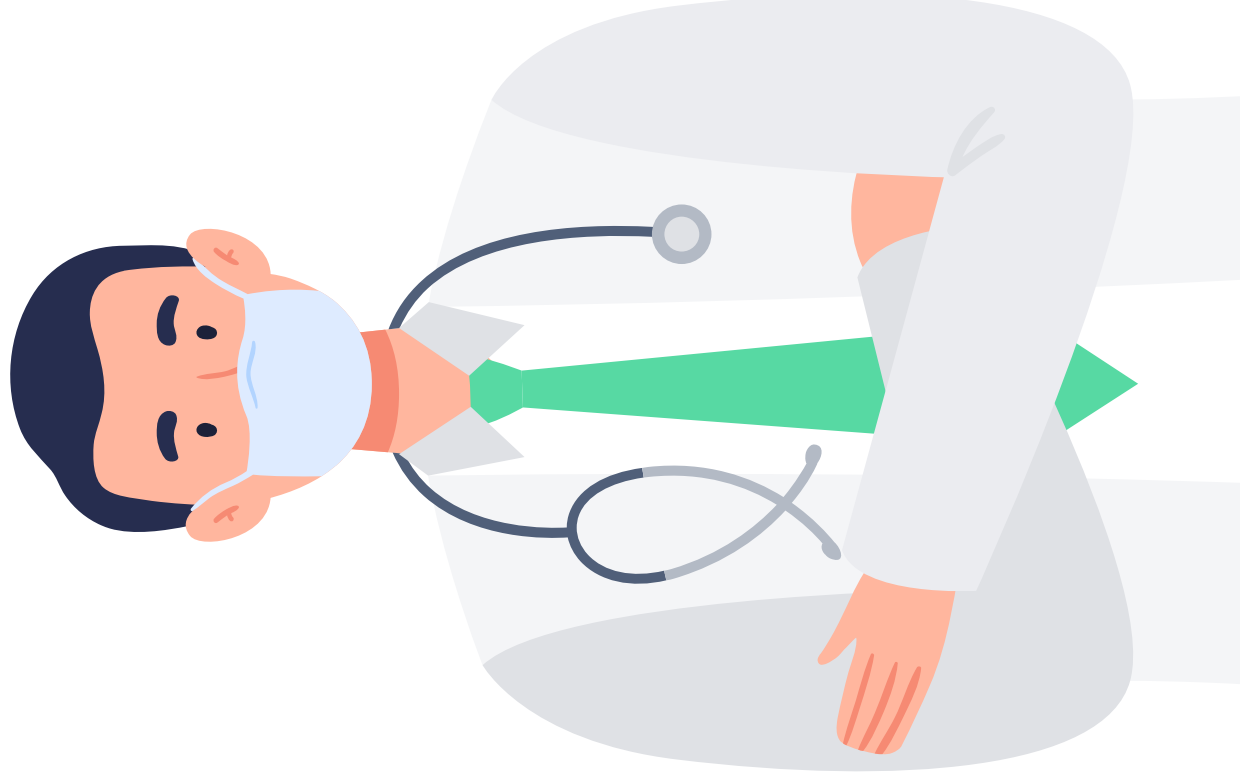
@ArthurEllisMHS



arthur-ellis-mhs-schools



@arthurellismhs



# Contact Us

If you'd like to become a supporter please  
get in contact with us:

Visit: [www.arthurellismhs.com](http://www.arthurellismhs.com)

Email: [info@arthurellismhs.com](mailto:info@arthurellismhs.com)



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