

# WORKSHOPS AND TALKS





**WE CREATE AND  
CHAMPION SAFE AND  
ACCESSIBLE MENTAL  
HEALTH SUPPORT WITH,  
AND FOR THE BLACK  
COMMUNITY.**

# ABOUT US



Black Minds Matter UK is a fully registered charity connecting Black individuals and families with free therapy by qualified and accredited Black therapists.

We've teamed up with a collective of Black therapists, who work tirelessly alongside us to remove stigma and redefine mental health experiences for Black individuals.

**We take pride in offering a safety net of culturally relevant mental health support and have grown a community of people who value equality in mental health care. Together, we are demanding better resources and treatment for Black people and acknowledging that there is still a way to go.**

As part of our work we are dedicated to raising awareness of the needs of the Black community, coupled with educating communities and organisations about our work and why it is important.



 <https://www.blackmindsmatteruk.com>

 [info@blackmindsmatteruk.com](mailto:info@blackmindsmatteruk.com)

# WORKSHOPS & TALKS

We will work with your Race Employee Networks or your Black employees and allies to spread awareness of the work that we do and why it is important to have spaces and opportunities to discuss subjects like this in the workplace and community.

**We will explore mental health awareness through a Black lens and provide a safe space for dialogue and discussion for all.**

Suitable for: **Black Employee Networks and Allies in the DEI space.**



# OVERVIEW OF THE WORKSHOP

## OFFERING 1: A 2 HOUR MENTAL HEALTH AWARENESS WORKSHOP



**This 2hrs workshop will focus on mental health and mental illness among Black people in the community.**

**Course content:**

- What is mental health Vs what is mental illness
- The Black experience (statistics and current landscape)
- The continuum and our place on it (Examples of where depression and anxiety exist)
- The system - Breaking it down (Referral process, rights, options, therapy, treatment etc)
- Signposting and services available
- Fundraising and Impact
- Calls to action

This workshop is available via online delivery or face to face and is facilitated by a trained facilitator.

It's designed to give you insight into the work that we do here at BMMUK and provide an opportunity for organisations and individuals to think about how they can support the work that we do as well as provide further support for the Black members of the space they operate in.

# OVERVIEW OF THE WORKSHOP

## OFFERING 2: A 45 MINUTE INTRODUCTORY TALK

**This is a short introduction to the work that we are doing here at BMMUK and an insight into how you can support your workforce / community.**

### **Course content:**

- Black Minds Matter UK - An introduction
- The Black experience (statistics and current landscape)
- The continuum and our place on it
- An intersectional approach
- What is talking therapy
- Calls to action (Support and fundraise for us)
- Questions and answers

This workshop is available via online delivery and led by a member of our expert team.

It's designed to give you insight into the work that we do here at BMMUK and provide an opportunity for organisations and individuals to think about how they can support the work that we do as well as provide further support for the Black members of the space they operate in.



# COST CARD

## BREAKDOWN OF COSTS



### Rate card for 2 Hour Workshops:

Sector	Micro (1-9)	Small (10-50)	Medium (50-250)	Large (250+)	XL (500+)
Private	£750	£800	£850	£900	£1,000
Public	£750	£800	£850	£900	£1,000
Third (10% reduction)	£675	£720	£785	£810	£900

### Rate card for 45 minute talk:

Sector	Micro (1-9)	Small (10-50)	Medium (50-250)	Large (250+)	XL (500+)
Private	£450	£500	£550	£600	£650
Public	£450	£500	£550	£600	£650
Third (10% reduction)	£405	£450	£495	£540	£585

\* Subject to expenses if face to face delivery is required.

**MINDS  
MATTER UK**

Changing the face of Black  
mental health in the UK

**YOU CAN PLAY YOUR PART  
IN OUR MISSION BY  
CHOOSING TO SUPPORT  
OUR WORK TODAY!**





# THANK YOU!

**BLACK  
MINDS  
MATTER** UK