

ERING WORKPLACE MENTAL



**THIS CAN**  
**GLOBAL**



# FRIENDS PROGRAMME

## EMPOWERING WORKPLACE MENTAL WELLBEING

### This Can Happen Four Pillars

This Can Happen is an invaluable resource for companies of all sizes across the globe to support them in their workplace mental wellbeing journey – together we can empower workplace mental health.

We offer a 12 month rolling programme of benefits and services to complement the work you are doing to ensure positive mental wellbeing for all your employees, no matter where they are based

- **Annual Conference**
- **Awards**
- **Webinars**
- **Roundtables**
- **Curated in-house events**

- **Monthly catch-up Roundtable**
- **Friends Hub**
- **1:1 connections**

**Events**

**Research & Insight**

- **Consultancy**
- **Independent data analysis**
- **Measurement**
- **Benchmarking**

**Peer-to-Peer Support**

**Speakers, Experts & Storytelling**

- **Topics experts**
- **Webinar speakers**
- **Personal storytellers**

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**Our programmes fall into four different packages**

|                                                                                                                       | Programme 1   | Programme 2   | Programme 3   |
|-----------------------------------------------------------------------------------------------------------------------|---------------|---------------|---------------|
| <b>COST</b>                                                                                                           | <b>£2,450</b> | <b>£5,950</b> | <b>£9,950</b> |
| Access Pass(es) to 5 This Can Happen Talks (of which 3 talks will be hybrid events and 2 will be online - Asia & US)* | 1             | 3             | 5             |
| Webinars - 2 per year on certain topics with Q&A                                                                      | 2             | 2             | 2             |
| Podcasts- 2 per year on certain topics with Q&A                                                                       | 2             | 2             | 2             |
| Bespoke webinars ( just for your company)*                                                                            |               |               | 1             |
| Award Entries                                                                                                         |               |               | 2             |
| Friends Hub Access - includes useful worksheets and past conference content sessions                                  | yes           | yes           | yes           |
| Roundtables ( specific topics) for mental health leads                                                                |               | 4             | 4             |
| Discount to join TCH Index research programme                                                                         | 10%           | 10%           | 10%           |
| Discount for additional conference tickets                                                                            | 15%           | 15%           | 15%           |
| Evening webinars to support families - carers of those with mental health - 2 per year                                |               |               | 2             |

\*1 pass to access 5 talks during the 12 month programme

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## Friends programme for 2023

### ROUNDTABLES FOR MENTAL HEALTH LEADS

- **2 March** - Finances and Mental Health/ Disability and Mental Health
- **1 June** - Maintaining focus on employee mental health when wider work is so busy
- **5 September** - Addiction and mental health
- **9 November** - Returning to work after absence



### WEBINARS FOR FRIENDS

- **6-12 February** – Children’s Mental Health Week – Let’s Connect
- **9-15 May** – Mental Health Awareness Week
- **10 September** – World Suicide Day – panel discussion
- **end of September** – National Inclusion Week – Bias and mental health
- **October** – OCD Awareness Month



### FAMILY FOCUSED WEBINARS

- **28 February 8.30pm** - Neurodiversity in the Family with Dave Russell
- **6 July 8.30pm** - Stress busting with your family team with Audrey Tang



- **PODCASTS FOR FRIENDS**
- **April** - Miscarriage and baby loss
- **December** - Dealing with grief

