

# Corporate Services

Creative approaches to workplace  
mental health

2019

# 01 Why art & creativity



Art is a valuable tool for millions of people suffering from problems with their mental health, as well as a creative outlet for many others. Creativity can be a fantastic tool for your organisation.

Our approach takes mental health out of the meeting room and the two hour seminar with colourless slides. We are challenging the status quo with vibrancy, engagement and empathy.

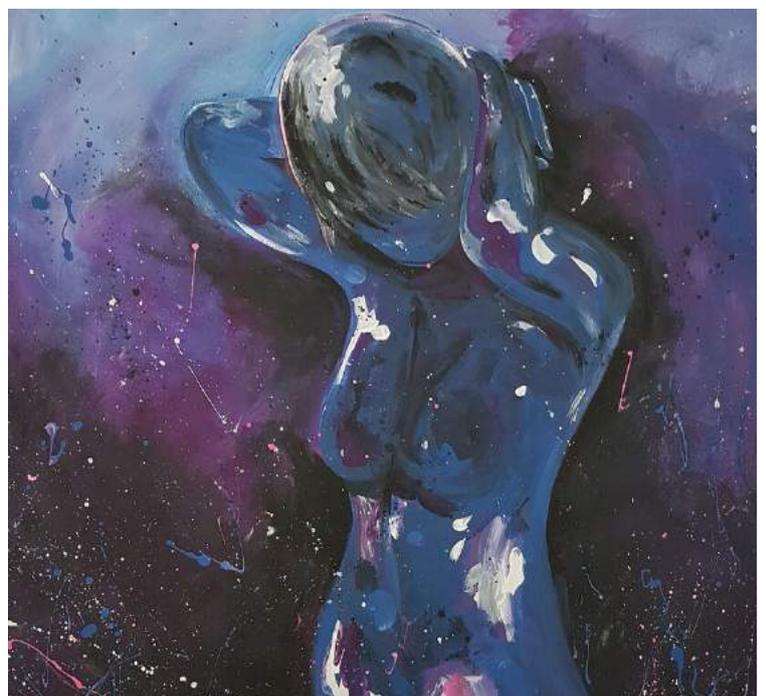
Our workshops are the key to unlocking awareness about mental health and educating your team. From this creative foundation, you can create a safe environment for conversation, for people to speak up, and reach out for the support.

## "OUR CREATIVE APPROACH SENDS A CLEAR MESSAGE TO YOUR TEAM: WE CARE ABOUT YOUR MENTAL HEALTH"

Our creative approach to mental well-being is designed to be complemented by wider training and a deeper restructuring of your internal policies. We see art as the hook for your employees to feel empowered and comfortable opening up about mental health.

Recent studies show that only 22% of managers in the UK have received any form of training on mental health at work. Similarly, only 13% of employees felt able to disclose a mental health issue to their line manager.

Working with us sends a clear and vibrant message to your employees: we care about your mental health.



# 02 Our services

## Group Presentation & Demonstration

The first, and often the most difficult, step when dealing with mental health issues is confronting them openly and honestly. This can be especially difficult in a work environment.

Our introductory session, delivered by The Perspective Project Founder Mark Anscombe, alongside one of the artists featured in our gallery, is designed to kick start an open dialogue about mental health and well-being in your workplace. Both presenters will have lived experience of mental health issues.

### Details

We know that every organisation is at a different point on their path to effective mental health and well-being policy. We will work with your team to design a session that is appropriate for you.

#### Sample agenda:

- Presenter Introductions (15 mins)
- Exploring mental health through art (15 mins)
- Mental health in the workplace (10 mins)
- Mental health resources (10 mins)
- Artist demonstration (25 mins)
- Q&A (15 mins)

#### Location

- The session will be delivered at your offices

#### Session size

- Minimum 5 participants
- No maximum (subject to venue capacity)



# 02 Our services (cont.)

## Art leasing

It is important that the conversation does not end after a single session, or even a series of presentations, workshops or events. Although it is fantastic and important to position your workplace as open and empathetic to mental health issues; team members, partners and clients can easily slip back into a closed, 'stiff upper lip' mentality.

Leasing art from The Perspective Project is a powerful and unique way of ensuring the conversation stays open. We want managing anxiety, treating depression and regular self-care to be an explicit part of your office environment.

## Details

We have a wide range of art that you can lease for your office walls, meeting rooms, kitchen, lobby or other communal areas.

All of our artists have lived experience with mental health issues, and their art directly reflects their experiences.

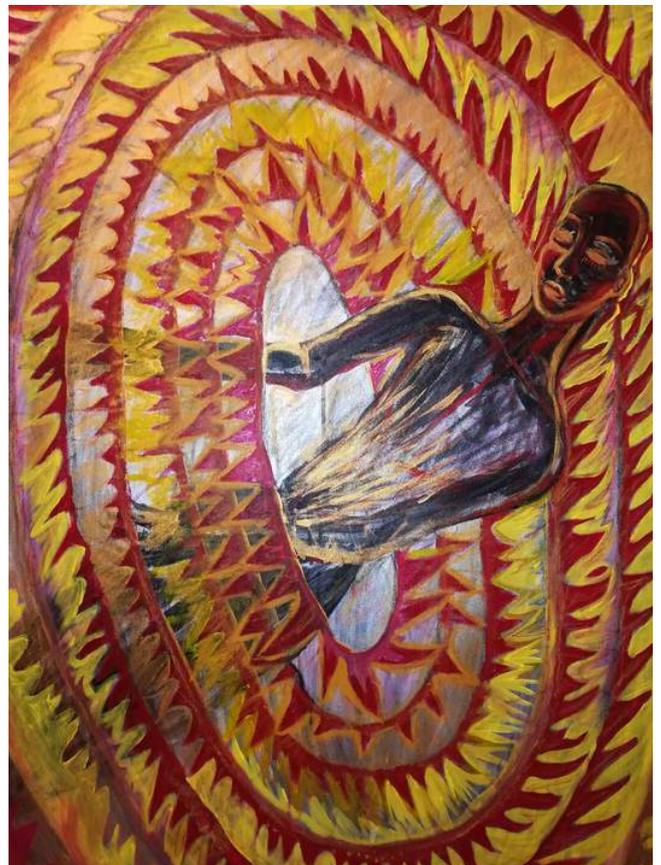
We will work directly with your office or facilities manager to ensure our works are mounted effectively and safely in your office.

### Sample order:

- 3 pieces of art for 9 months
- Dimensions between A3 and 3'5" x 3'5"
- Quarterly rotation of artwork available on request.

### Catalogue

- We have a number of artists, with a range of styles and mediums. Our curators will discuss your requirements and preferences with you.
- View our gallery of visual art online at [www.theperspectiveproject.co.uk/works](http://www.theperspectiveproject.co.uk/works)



## 02 Our services (cont.)

### Sample works for leasing - Siris Hill



**Title:** The Weight of Silence

**Artist:** Siris Hill ([www.sirishill.co.uk](http://www.sirishill.co.uk))

**Medium:** Printed on acrylic panel, mounted on a bespoke backlit 'lightbox'

## 02 Our services (cont.)

### Sample works for leasing - Sarah Hollebon



**Artist:** Sarah Hollebon

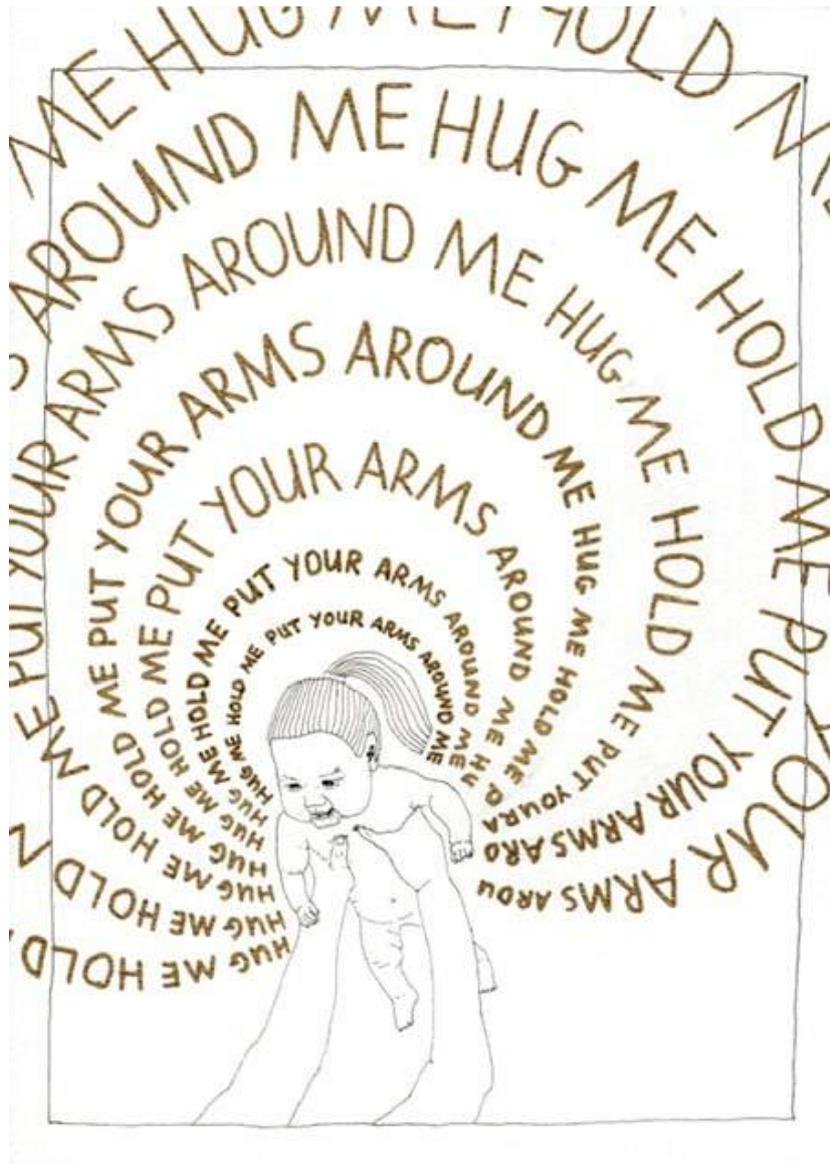
**Medium:** Textile, with sketches on paper (framed)

Sarah Hollebon skilfully and sensitively highlights mental health issues and challenges through sculptured garments. Sarah interviews people with specific mental disorders, turning their experiences, insights and emotions into statuesque art works.

This work was created from interview transcripts with individuals suffering from schizophrenia

## 02 Our services (cont.)

### Sample works for leasing - Kathryn Watson



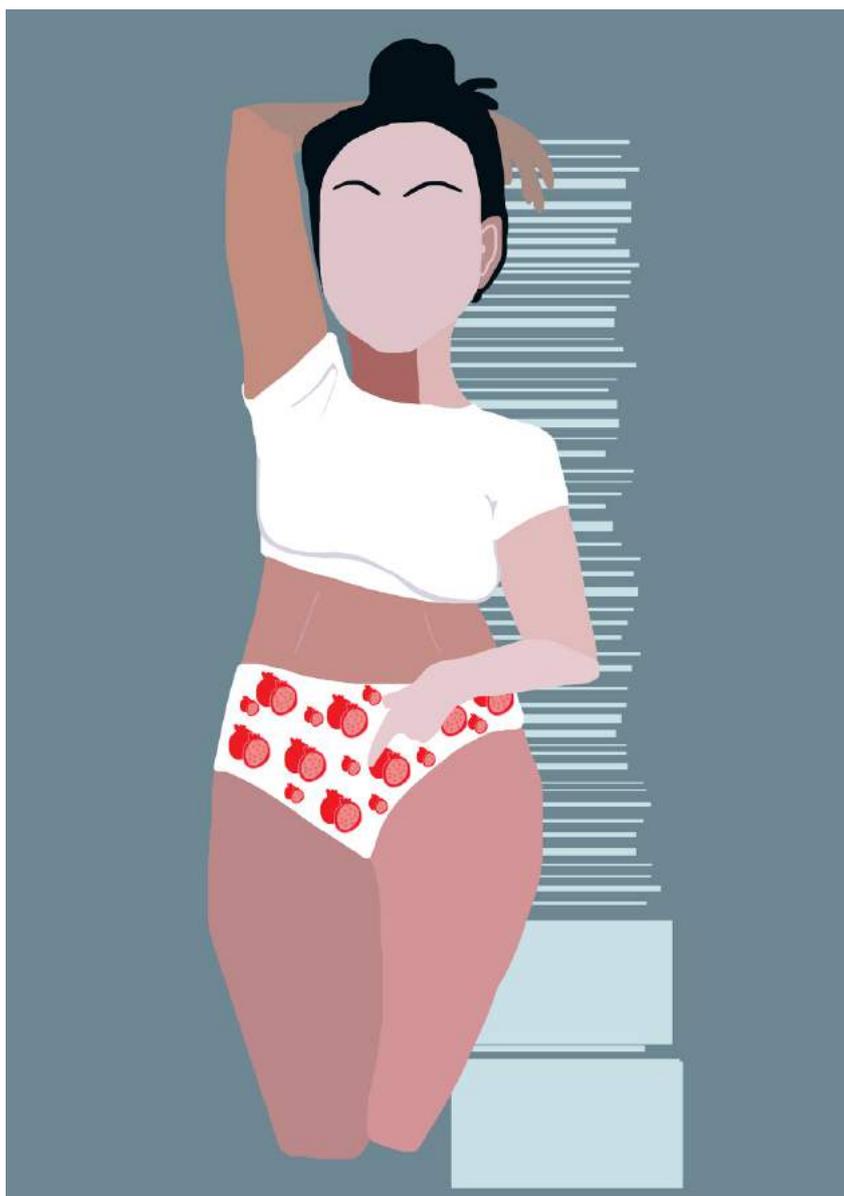
**Artist:** Kathryn Watson (My Illustrated Mind)

**Medium:** Various on Paper

Kathryn's bold, colourful works reflect her experiences with borderline personality disorder (BPD / EUPD).

## 02 Our services (cont.)

### Sample works for leasing - Lauren Drinkwater



**Artist:** Lauren Drinkwater

**Medium:** Digital (Print on A3 Card)

## 02 Our services (cont.)

### Training and Management Workshops

It is vital that an open, authentic approach to mental health in the workplace is embodied and reflected by all levels of your organisation.

We will work with your leadership team, managers and team members to ensure your organisation has the mindset and tools to engage proactively with mental health and wellness.

There is no 'one size fits all' approach to workplace mental health. It is clear, however, that investing in your team's mental health and well-being will allow them to perform. Our team and delivery partners Bamboo Mental Health will make brave, bespoke and clear recommendations to improve corporate and employee resilience.



#### Details

From an organisation wide training event, to smaller management groups or in-meeting leadership sessions, we can design a program that is right for you. Check out some sample sessions below, but feel free to get in touch to discuss a bespoke program.

##### **Awareness Session**

Using art, creative visuals and audio prompts as discussion tools to introduce key mental health themes to your team, and to help staff at all levels manage their well-being.

##### **Mental Health for Managers**

For your managers and team leaders, covering:

- How to identify signs of poor mental health
- How to approach employees and lead a safe conversation
- How to signpost to support
- How to seek support or step back
- How to manage absence and return.

## 02 Our services (cont.)

### 'Snapshots' Speed Portraiture

What is speed portraiture? Think speed dating without the awkward conversation. Painting without the hours of sitting. Musical chairs without the anxiety. Over the session, you will create a series of portraits of your partners as you rotate around the room - in a range of styles using different techniques. Don't worry if you are not the next Picasso. Our sessions are for anyone: from complete beginners to seasoned artists.



### Details

Our hour long Speed Portraiture session introduces attendees to the beneficial impact of art and creativity on their mental health, even in short bursts. The attendees will be doing something purely creative: not revolving around the deadlines, goals, targets or stresses that are typical of a working day. We will guide attendees to experiment with a range of drawing styles across the session. The aim is not perfection or even artistic merit. The session will be accessible to anyone whether they are a keen artist or have never drawn before.

### Cost

- Prices start at £150 (materials included)

## 02 Our services (cont.)

### Creative Workshops

We firmly believe that art and creativity is a fantastic tool for promoting individual well-being and processing complex or troubling emotions. More than that, our artist lead creative workshops are great for team building and fostering open, honest communication.



#### Details

Our workshop team have 10 years experience facilitating art workshops for corporate clients. All workshops are bespoke to meet your individual requirements.

The fresh and inspiring workshops are lead by artists in a unique pop-up art studio, set up in unexpected places across London. Tabletop sessions can be delivered from your office or a venue of your choice.

Your team will create their own piece of art in a fun, supportive and engaging environment. All materials will be provided, with experienced facilitators leading your team through a quirky and creative session.

#### Cost

- 80 minute, seated table-top workshops starting at **£55 per person** (all materials included).
- 2 hour workshops, including an individual canvas per person and a communal canvas, plus all materials, start at **£95 per person**.
- For a full range of prices and options, or to design your ideal event, contact our team.

# 03 Who are we



**Perspective Project is a charity tackling mental health stigma, changing how our society perceives and supports the millions of people affected by mental health problems.**

We launched in September 2017 as a single Facebook page. Since then, our audience and portfolio of artists, authors and writers has grown rapidly to over 200 contributors, reaching thousands of people in 96 different countries.

Our therapy workshops, gallery exhibitions and corporate work brings the benefits of creative expression to the important issue of mental health

## "HONEST, TRANSPARENT AND, CRUCIALLY, CREATIVE APPROACH"

We are expanding to reach people suffering from mental health issues wherever they are: in schools, universities, local communities, and in the workplace.

One in four of us will experience mental health issues this year. Effective workplace mental health policies are no longer optional.

We know that tackling the stigma around mental health is a huge challenge. Our approach is honest, transparent, compassionate and, crucially, creative. We want to dismantle the barriers preventing your team from opening up about, confronting, and treating mental health problems.



# 04 Why mental health

## Mental health and well-being policy is no longer optional

The success of mental health campaigns across the UK have made it more and more commonplace for people to be open about their mental health. There is, however, a long way still to go - especially in the workplace.

The younger generation in the workforce are increasingly prioritising mental well-being when choosing a career path. Attracting and retain talent is no longer a case of rewarding success with higher wages.

## How widespread are workplace mental health issues?

A recent study by Deloitte found that 48% of people with mental health problems said they would not be comfortable talking to their employer. This is by no means a small subset of your workforce. The study found that 84% of employees have experienced symptoms of poor mental health where work was a contributing factor.

12.7% of all sickness absence days in the UK can be attributed to mental health

A third of the UK workforce have been formally diagnosed with a mental health condition at some point in their lifetime

## The business case

As the figures below show, there is a clear business case for tackling presenteeism and absenteeism caused by mental health problems.

**£80**

Promoting wellbeing at work through information, advice, seminars, workshops and web-based materials will cost approximately £80 per employee per year.

**£40,000**

For a company with 500 employees, where all employees undergo the intervention, it is estimated that an initial investment of £40,000

**£350,000**

... will result in a net return of £347,722 in savings, mainly due to reduced presenteeism and absenteeism

# 05 Getting started

## Talk to us

We are a creative organisation willing to find creative solutions. If you have a proposal to collaborate on an event not listed in this document, or to design a bespoke program, we would love to hear from you.

## International enquiries

We have digital spaces operating from Argentina, Greece and Italy. Please contact our team to discuss services and collaborations outside of the UK.

## Get a quote

If you are interested in any of the services in this document, get in touch at [info@theperspectiveproject.co.uk](mailto:info@theperspectiveproject.co.uk)

We will endeavour to respond to all requests within 5 working days.

## Find out more

If you would like to learn more about The Perspective Project, visit us at [www.theperspectiveproject.co.uk](http://www.theperspectiveproject.co.uk) or contact us to arrange a Skype call or to grab a coffee and chat all things mental health.



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