



SIX MENTAL HEALTH ADDICTION

RESILIENCE: UNDERSTANDING, DEVELOPING, AND EMBRACING YOUR PERSONAL STRENGTH

**24/7 Confidential Helpline
07360 533 028 | helpline@sixmha.org**



TODAY :

1. Introduction to Six MHA.
2. What is resilience?
3. Where does resilience come from?
4. Why is resilience individual?
5. The process of resilience.



Resilience

WHO ARE WE ?

Six MHA was founded by the former Arsenal and England legend Tony Adams, who had a very public battle with addiction.

Initially Tony created a charity “Sporting Chance” designed to help professional sports people battle their addictions.

However, he quickly realised that this provision has a place in the world of business and expanded the service to encompass mental health support and thus Six MHA was born.



WHAT DO WE OFFER ?

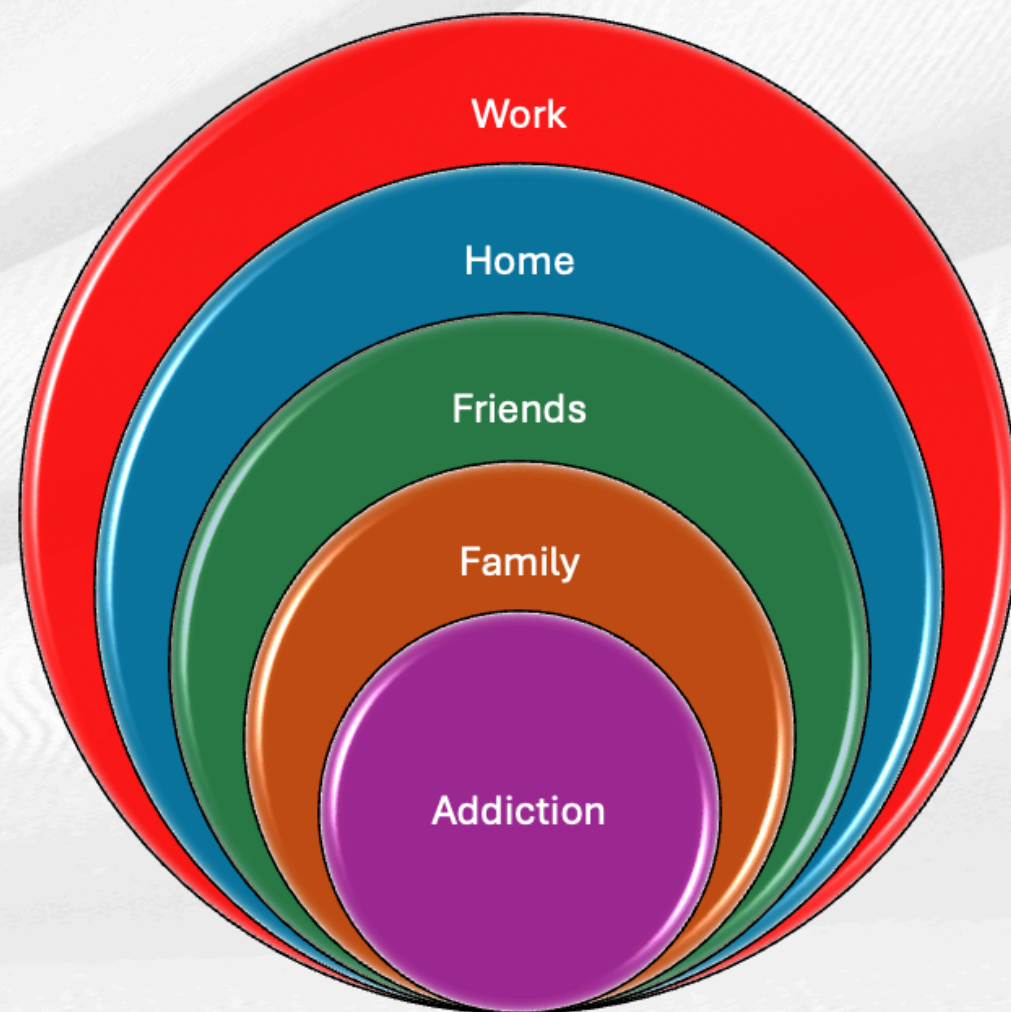


Six MHA has over a number of years developed a series of services that designed to provide support to individuals who may be struggling with their mental health or struggling with any form of addiction. We offer,

1. The Six MHA mental health triage service.
2. The Six Addiction programme.
3. The education department



SIX MHA MENTAL HEALTH TRIAGE



The Six MHA mental health triage service . Mental Health issues are on the rise, it effects our personal and professional lives and those around us, we call it the ripple effect.



As such our designated triage team offers 24/7 365 days a year service which is operated by a general practitioner (GP) and a registered mental health nurse (RMN).



Once the initial triage is complete if appropriate you will be put in contact with one of the 160 mental health professionals we have at our disposal. Remember “DON’T GO TO CRISIS”.

6 ADDICTION



Our Staying Stopped Programme is designed for those who do not wish to go to rehab; for those who have tried fellowship meetings but have not felt able to engage with the programme and finally those who may have had a bad experience and ended up back in the cycle of addiction.

Our procedure prepares you in a way which suits you, with counselling to learn more about the issues you are having. We then support you in the process of 90 meetings in 90 days, with a designated recovery coach who will help you delve a little deeper into your issues.

STAYING STOPPED - THE PROGRAM

- Abstinence based.
- Entrance and exit assessment.
- 12 weeks support from your mentor / coach.
- One – to – one therapy session with a hand picked BACP registered specialist.
- Referred to an in house medical professional for assessment and safeguarding.
- 90 meetings in 90 days.
- Bespoke treatment and 12 step program.
- 6 addiction 90 in 90 workbooks and other materials.
- Access to 6 addiction recovery meetings and its whatsapp community.
- Full aftercare plan and support.



WHAT IS RESILIENCE ?

Each and every one of us will have a different level of resilience, it will be as unique to us as our fingerprint.

Resilience can be defined as our ability to handle and bounce back from any traumatic, adverse or stressful situations that arise.

Resilience is what keeps us going in the darkest of time.





Resilience is not something we can measure as it grows as we face each difficult situation in our lives.

If we think of the things that happened to us in our 20's and how we reacted to them, and compare that to how we would react now, the outcome would be different.

Good levels of resilience are often linked to good levels of psychological health.



COMMON MISCONCEPTIONS ABOUT RESILIENCE

- Not being affected by traumatic events.
- Emotionally shutdown.
- Cold.
- Uncaring.

Resilience is more about the capacity to recover.



Resilience is dependent on the interplay between the challenges we face and the emotional resources we have to deal with them.

EMOTIONAL RESOURCES

The resources for recovery come from our psychological foundation, which has 4 pillars:

1. Emotional Regulation.
2. Optimism.
3. Adaptability.
4. Stability.



THE PROCESS OF RESILIENCE

Resilience is a dynamic process of adapting to certain situations such as trauma, adversity or stress.

The process involves how we recover and move forward from difficult times in our lives.

Everyone's process of resilience will be different but there are common steps and principles that can act as a guide.



RECOVERY

THE STEPS AND PRINCIPLES IN THE PROCESS OF RESILIENCE.

1. Recognising and acknowledging the challenge.
2. Developing coping mechanisms.
3. Embracing a positive mindset.
4. Taking action and reinforcing positive change.

THE LIFE CYCLE OF RESILIENCE





QUESTIONS ?



SIX MHA APP CODE- DVG-410-935

07360 533 028 | helpline@sixmha.org

