



SIX MHA

Presents

Neurodiversity with Danny Cummings





SIX MHA

Welcome Lavazza

Trigger Warning - We will be learning about and discussing **Neurodiversity and Mental Health.**

Please put any questions you may have throughout the presentation, or Danny's share into the chat and we will answer them at the end of the session.

First, let me tell you a bit about what we do at SIX MHA..

24/7 Helpline
0800 880 7373 | helpline@sixmha.org

LAVAZZA
TORINO, ITALIA, 1895



SIX MHA

Helpline & Triage

We provide a 24/7 confidential helpline, operated by our team of Registered Mental Health Nurses, with direct access to a global network of mental health professionals.

Our RMN's listen to you and your issues, help to make you feel at ease and after a conversation will match you to one of our vast network of therapists, counsellors and specialists including psychologists and psychotherapists.



Catrina Brown - Director of Mental Health and Addiction Services

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One-to-One Therapy

SIX MHA's access to a global team of counsellors means you are quickly matched to someone suitable and, furthermore you are matched by a professional, not an algorithm.

At SIX MHA we have a vast network of over 160 therapists, counsellors, and experts, including psychologists and psychotherapists.

Using this vast network of professionals, we are able to match you to a suitable counsellor in your area, within 24 hours of your initial contact.



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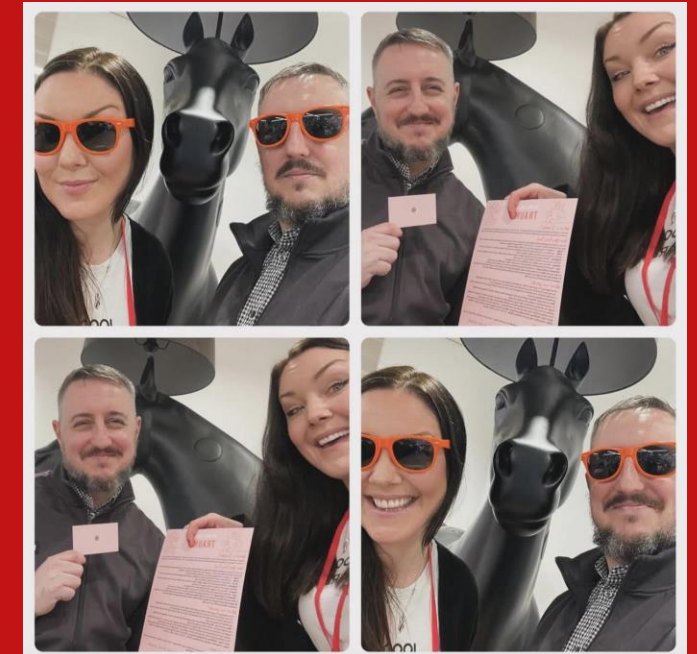
SIX MHA

Addiction Recovery Services

In addition to our many years of experience, all of our Addiction Support Service providers work holistically and with an open mind to help you find the best solution.

Our team have been where you are now and have over 100 years of sobriety combined, which is why we can provide you with the familiar, friendly, non-judgmental advice and support you need for your journey to recovery.

Our programmes at SIX MHA encourage not only your abstinence from substances but also furnish you with the mental, physical and emotional support on your journey.



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Education, Prevention & Training

We deliver insightful training and education seminars in mental health and addiction: Identification is the key. Our speakers share their real life experiences, lessons in strength and a message of hope.

Our seminars consist of three elements: Information and Training; Participant Reflection & Application; and Personal Experience. Each seminar will be given by one of our amazing speakers - who all come with a wealth of knowledge and experience - to coin a phrase, they have seen it , done it and got several T-shirts.



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SIX MHA

Download Our App Here



Access the Lavazza Employee Portal Using This Code -LVZ-489-754

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Now it gives me great pleasure to introduce Danny Cummings

Danny is a former police officer who is now an accomplished tutor of psychology, a qualified and experienced therapist and a person with real lived experiences, we are very lucky to have him with us today.

Take it away Danny...

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