



# Are stress, anxiety or depression a drain on your company's resources?

## Are employers legally required to tackle stress?

Employers have duties under the Management of Health and Safety at Work Regulations 1999 to assess the risk of stress-related illness arising from work activities. Employers are encouraged to offer resources or procedures to help manage stress at work and generally improve mental wellbeing, such as stress awareness training, access to counselling or stress-busting initiatives.

**FACT:** According to The Health and Safety Executive (HSE) 2005/06 Survey, an estimated 12.8 million full days were lost in Britain annually due to stress, depression or anxiety, at a cost of £3.8 billion.

**FACT:** One in four people will suffer from an anxiety related condition in any twelve month period. Many of these will be wrongly diagnosed as stress, depression or hypochondria.

**FACT:** On average each person suffering took an estimated 28.5 days off in that 12 month period. Stress, depression or anxiety were the second most common type of work related illness after musculoskeletal disorders.



## What does this mean to your business?

As the employer, you are helpless as your staff take time off work or reduce productivity as a result of developing anxiety conditions. These conditions can often be misdiagnosed or pigeon holed as stress or even depression.

Conventional treatments for such conditions often involve drug or talking therapies. These can be time consuming and untargeted as well as prolonged and often ineffective; again often resulting in absence from the workplace.

## So, what is the solution?

The Linden Method™ is an anxiety elimination programme which has been used by in excess of 75,000 people worldwide to permanently eliminate the conditions which disrupt their personal and professional lives.

Developed by anxiety disorder expert, Charles Linden, The Linden Method™ has become market leader internationally in the field of anxiety, panic attacks, phobias, OCD and stress elimination. Our unique and simple methodology addresses the root cause of these conditions directly, providing targeted, fast and permanent relief, allowing the sufferer to continue seamlessly

with their normal activities and duties. A combination of clear advice, guidance and support provides the sufferer with an immediate sense of relief and a programme of structured recovery.

## How does The Linden Method™ integrate in the corporate setting?

Our programme addresses these conditions by identifying the risks within a company and providing an accessible solution before they develop; as a first and last line of defence. The programme is simply implemented with very little time investment and can be done at home after work.

We have devised a corporate anxiety elimination programme for businesses which provides employers and employees with access to all of the Linden Method™ material and support on a renewable twelve month licence.

Our corporate programmes are designed for companies of between 10 and 10,000 employees and are delivered and coordinated in house by our corporate programme co-ordinator. The programme is cost effective and simple to join.

With very little input from your company management, these programmes can be tailored to your specific requirements and administered directly to your employees. **Every programme user will have immediate and full, confidential access to our support team as and when they require it without any further intervention from your company.**

## What are the first steps to joining our programme?

Our Corporate Programme Coordinator is available to advise you. Working together with our team, you will be able to build a bespoke stress and anxiety elimination package to fit seamlessly into your company structure. Once in place, your employees will receive immediate, confidential advice and a structured programme of recovery in order to ensure that they are able to return to a stress and anxiety free routine as quickly as possible.

The most important element of our programme is the requirement for clients to remain at, or return to work as soon as possible; inactivity is stress and anxiety's most powerful ally. To this end, we assist our clients in building a programme of recovery which includes a 'Return to Work' plan; this not only expedites recovery, but also means that productivity is restored for you, the employer.

For the approximate cost of a meal for two, your employees receive constant access to our programme and Linden Method Support Specialists for 12 months (renewable); just one lost work day per employee per year will cost you much more.

For more information please contact our Corporate Programme Coordinator, Jules Farrington-Griffiths, at the email address or telephone number below.

Member of  
**Birmingham Chamber**  
of Commerce and Industry

**The Linden Method™**  
**Corporate Programme**  
A bright light at the  
end of the tunnel

**0870 1190298**

[www.charles-linden.com/coaching/corporate/](http://www.charles-linden.com/coaching/corporate/)