

# WHYSUP

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Raising Awareness Through  
Lived Experience

[www.whysup.co.uk](http://www.whysup.co.uk)

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# ABOUT US



Whysup was started by us, Mark, and Liam, two old school friends who grew up in Bolton.

We are not teachers, counsellors or professional speakers, but people who have lived through the illness of addiction, battled mental health and now practice good wellbeing.

We know the importance of taking care of yourself, looking after your mental health and being able to ask for help when you need it most

We now try to share what we have learned, to benefit others and work within education, businesses and sports clubs.

# WHO WE ARE



**UNDERLINING  
MENTAL HEALTH  
& ADDICTION**



*They have an innate ability to connect with students, to engage them and to make them think about their own life choices and the challenges they are facing.*

*The approach that they take is honest, hard hitting and supportive in equal measure.*

Ms A O'Callaghan  
Headteacher  
Thornleigh Salesian College

## EDUCATION

Young people need more than an academic education, they need preparing for the world in which they are to grow up and live in. Working with mainstream schools, pupil referral units, colleges and universities. We offer sessions for students, staff and parents.

- ✓ Mental Health and Wellbeing
- ✓ Addiction
- ✓ Drugs and Alcohol
- ✓ Gambling
- ✓ Body Image and Eating Disorders
- ✓ Resilience
- ✓ Activity Led Sessions
- ✓ Outdoor Enrichment

Whysup can work alongside your organisation to deliver a programme over a term or academic year.



*The delivery is direct, but also sensitive and works incredibly well across a very diverse workforce.*

*I could not recommend Whysup enough if you genuinely want to educate your team!*

Paul Shannon  
CEO  
ANS

## BUSINESS

Raising awareness, promoting good wellbeing and demonstrating an understanding of the issues people face both in and out of the work environment, can be the single most important measure any business can take. It will aid performance, result in a happier more stable workforce and above all else, can be lifesaving.

**Some of our presentations, focussed groups and training sessions:**

- ✓ Mental health and Wellbeing
- ✓ Addiction
- ✓ Resilience

# WELLBEING WITH WHYSUP

## A Positive & Practical Monthly Wellbeing Programme

Working environments have changed, teams are now working differently and even those who have returned to work are following a new set of rules, which are still unfamiliar and unprecedented.

The measures do not really support interaction or engagement and businesses must adapt and ensure they are meeting current policies, whilst still maintaining a culture, which people feel a part of.

All of the above combined, Whysup believe it has never been more important to promote, support, encourage and discuss wellbeing.

Mark and Liam can help your business do this with our monthly wellbeing subscription service.

*Having this as a company has encouraged more communication in departments, allowing us to support our colleagues more than ever. Whysup have supported us every step of the way and this has allowed our colleagues to seek help and advice when needed. We would recommend all companies to sign up to Wellbeing with Whysup.*

Greenhalgh's Team

For more information on 'Wellbeing with Whysup' please get in touch

# TRUSTED BY THESE GREAT ORGANISATIONS

Tezlom

BAE SYSTEMS



“More than just a logo”



## Our Merchandise Benefits Whysup Support

Our merchandise range was launched to create a brand that would be associated with addiction awareness, recovery and a positive state of wellbeing but today it is so much more...

20% of profits go into Whysup Support, a charity which is about helping others and having a positive impact in the local community.

Whysup support runs a help line service for

those who reach out offering support advice and guidance.

The charity also supports young people and runs services in the local community around mental health, wellbeing and addiction.

You can find our range of merchandise in our online shop [whysup.co.uk/shop](https://whysup.co.uk/shop)



If you need help or support please go to [www.whysupsupport.org.uk](https://www.whysupsupport.org.uk)

# CONNECT

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United Kingdom



## STAY UP TO DATE WITH US VIA OUR BLOG

Keep up to date with our ongoing  
journey and important work.

[www.whysup.co.uk/blog](http://www.whysup.co.uk/blog)

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**WHYSUP**

Find out more at  
[www.whysup.co.uk](http://www.whysup.co.uk)