



Promoting health
and wellbeing



ABOUT US

Five2Medics are expert clinicians and practitioners in the fields of medicine, mental health and psychology.





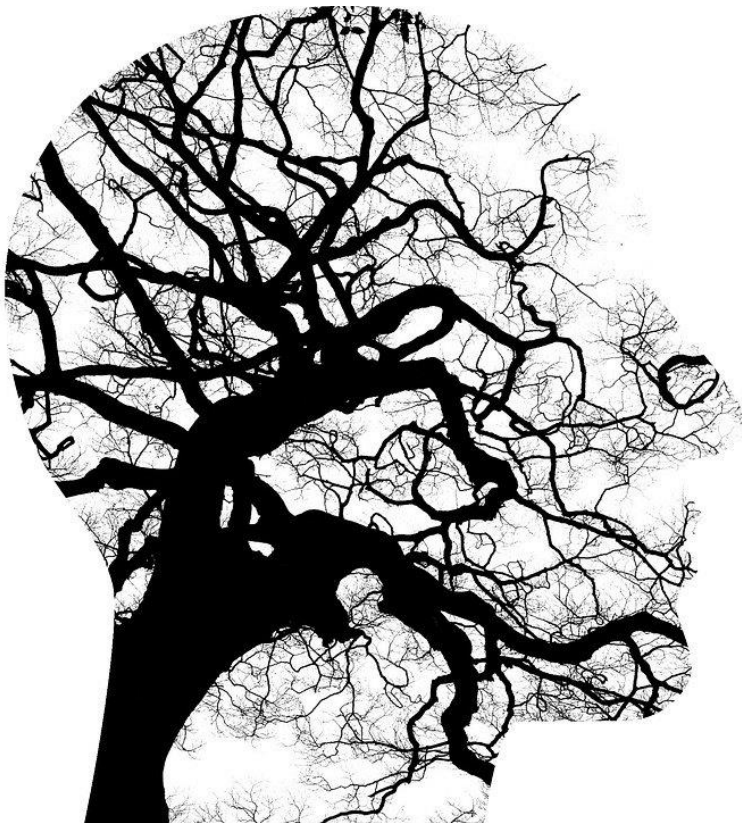
WHAT WE DO

We deliver webinars, group consultations and training days to help communities navigate challenging times and overcome the impact of stress, burnout, anxiety, depression, loneliness and physical health challenges.



HOW WE DO IT

We implement a multi-system approach inclusive of mental health awareness, self-care, self-management and social prescribing





WHAT WE OFFER

- **WEBINARS**

- Corporate mental health & wellbeing
- Tackling stress, depression and burnout
- Tackling addiction and addictive behaviour
- Tackling fear, worry and insomnia
- Recognising mental health crisis
- Dealing with loneliness, bereavement and grief
- Building resilience in families
- Tackling child and youth mental health
- Tackling diabetes, hypertension and chronic health conditions

- **GROUP WELLBEING CONSULTATIONS**

- Topic specific
- Expert panel (Q&A session)

- **COACHING AND MENTORING**

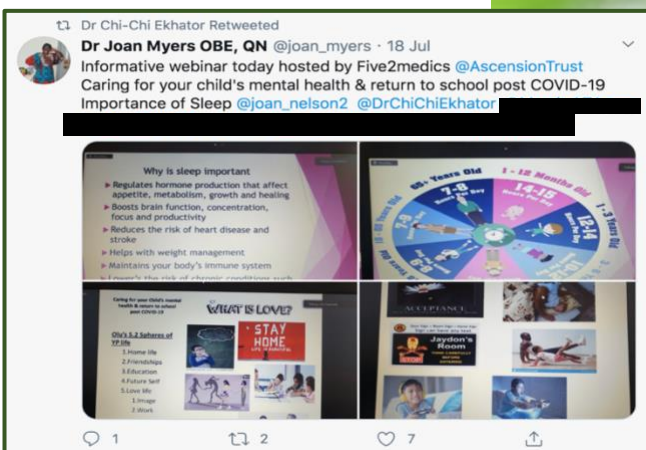
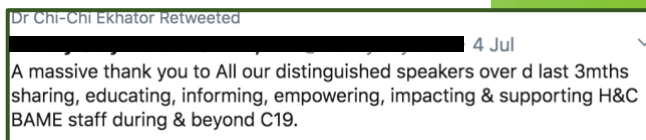
- Online youth summer school
- Group mentorship

OUR PACKAGES

CORPORATE PACKAGE		CHARITY PACKAGE	
Webinars		Webinars	
Corporate mental health & wellbeing	✓	Corporate mental health & wellbeing	✓
Tackling stress, depression and burnout	✓	Tackling stress, depression and burnout	✓
Tackling addiction and addictive behaviour	✓	Tackling addiction and addictive behaviour	✓
Tackling fear, worry and insomnia		Tackling fear, worry and insomnia	
Recognising mental health crisis	✓	Recognising mental health crisis	✓
Dealing with loneliness, bereavement and grief	✓	Dealing with loneliness, bereavement and grief	✓
Building resilience in families	✓	Building resilience in families	✓
Tackling child and youth mental health	✓	Tackling child and youth mental health	✓
Tackling diabetes, hypertension and chronic health conditions	✓	Tackling diabetes, hypertension and chronic health conditions	✓
Group Wellbeing Consultations		Group Wellbeing Consultations	
Topic specific	✓	Topic specific	✓
Expert panel (Q&A session)	✓	Expert panel (Q&A session)	✓
Coaching and Mentoring		Coaching and Mentoring	
Online youth summer school		Online youth summer school	
Group mentorship		Group mentorship	

THANK YOU FOR

YOUR FEEDBACK.



GET IN TOUCH

Five2Medics is an initiative of Ascension Trust and was born out of the desire to build wellness and resilience in communities. Together we aim to improve lives and reduce the impact of physical, psychological and social issues. Ascension Trust, founded by Les Isaac OBE, is a charitable organisation with a passion to improve the quality of life of the disadvantaged and vulnerable.

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