

The logo for ambimind features the word "ambimind" in a bold, lowercase, sans-serif font. Above the letter "i" is a stylized graphic consisting of three concentric, semi-circular lines that resemble a rainbow or a bridge. The entire logo is centered on a white background, which is flanked by teal-colored horizontal bands at the top and bottom.

ambimind

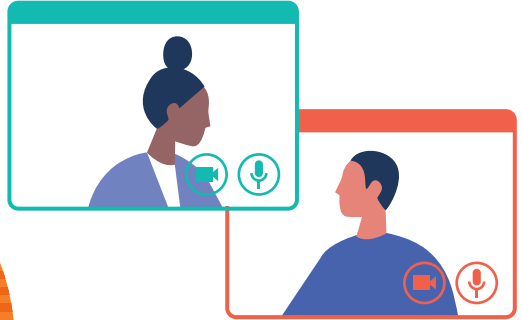


In this guide, you will find an overview of the following:



A large orange speech bubble with a smaller orange circle above it, and two teal speech bubbles below it. The orange bubble contains text about the company's mission.

Ambimind was created with a need for change, as the times are evolving, so are we. We use up to date approaches and advancements in technology to support our sessions and offer our patients a platform for self help and prevention while they are at home or on the go.

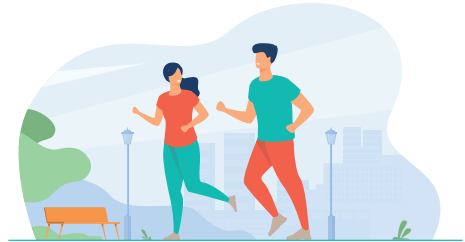


A modern approach
to mental health

Ambimind are a team of Specialist Mental Health Services Practitioners for IAPT (Adult Improving Access to Psychological Therapies) and CAMHS (Child And Adolescent Mental Health Services). Backed by our experience in the healthcare sector, we are committed to quality, compassionate care and compliance. We work in partnership with our patients and conduct thorough assessments to create tailor-made treatment plans and wellbeing monitoring for each individual. Our multidisciplinary team, experience and qualifications enable us to offer support and intervention for neurodiverse children and adults who are experiencing difficulties with their emotional wellbeing. Through our approach and methods, we aim to succeed in helping each person to recover and manage their symptoms creating a positive impact on the lives of our clients.

HOW ARE WE DIFFERENT?

Online Wellbeing Platform



Social Prescriptions



Flexible Appointment System

At Ambimind, we pride ourselves on our ability to scale to meet demands and reduce waiting times. New and existing challenges make it difficult to provide psychological therapies, these include lengthy recruitment processes and staff shortages. We recognise these difficulties and have addressed them through our digital solutions.

Appointments are available through GP referrals and through our website. They are conducted through a variety of methods, offering flexibility and choice over session times, 7 days a week.

Alongside our therapy treatment, we offer social prescriptions which have been proven to be very effective in the management of multiple physical and mental health conditions. We also offer wellbeing and mental health workshops to raise awareness of mental health in private and public sector environments.

Approximately **ONLY 1 IN 8 ADULTS** with a mental health problem are currently getting any kind of **TREATMENT**

1 IN 6 PEOPLE report experiencing a common **MENTAL HEALTH PROBLEM** (like anxiety and depression) **IN ANY GIVEN WEEK** in England

10 % of CHILDREN AND YOUNG PEOPLE (aged 5-16 years) have a clinically diagnosable **MENTAL HEALTH PROBLEM**, yet 70% of those have not had appropriate interventions

Women are more likely to have suicidal thoughts and make suicide attempts than men, but men are 3 times more likely to take their own life than women

1 IN 4 PEOPLE will experience a mental health problem of some kind **EACH YEAR** in England

Overall **REPORTED SUICIDE NUMBERS HAVE GONE UP** in England and Wales since 2018. They had been going down before that

The most common treatment offered is **PSYCHIATRIC MEDICATION**

Source: mind.org.uk

FREE YOUR MIND

WHAT CAN AMBIMIND OFFER?

- Specialist consultation and clinical supervision
- Psychological and specialist assessment
- Talking Therapies and Psychoeducation, including Cognitive Behavioral Therapy (CBT), Family Based Therapy (FBT) and Dialectical Behavioral Therapy (DBT)
- BABCP Accredited and Fully Insured Practitioners

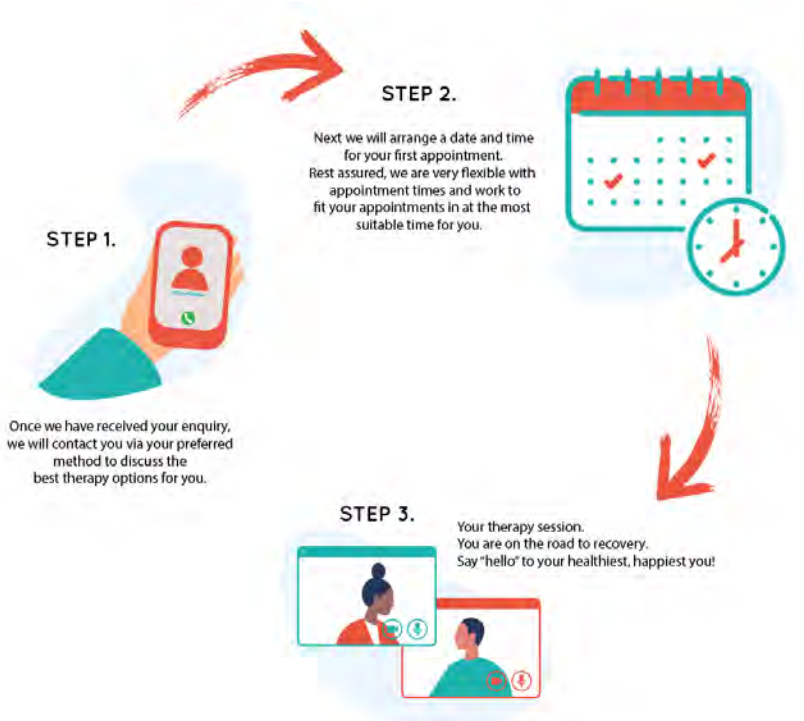


- Easy to access online platform
- Sessions are delivered face to face, over the phone and online - Monday to Sunday, 7.00am to 11.00pm
- Video-enabled consultation and therapy
- Environmentally friendly, online therapy delivered in the comfort of your own home, reducing the need for travel.

- Every session is documented for quality and assurance purposes
- Risk & safeguarding processes are in place for every patient, with our clinicians quickly acting on any concerns and following these up in accordance with standard operating procedures
- Access to self help videos/tools via our online platform
- Virtual wellbeing on demand – access to yoga, nutrition, fitness and mindfulness meditation videos
- Relapse prevention planning

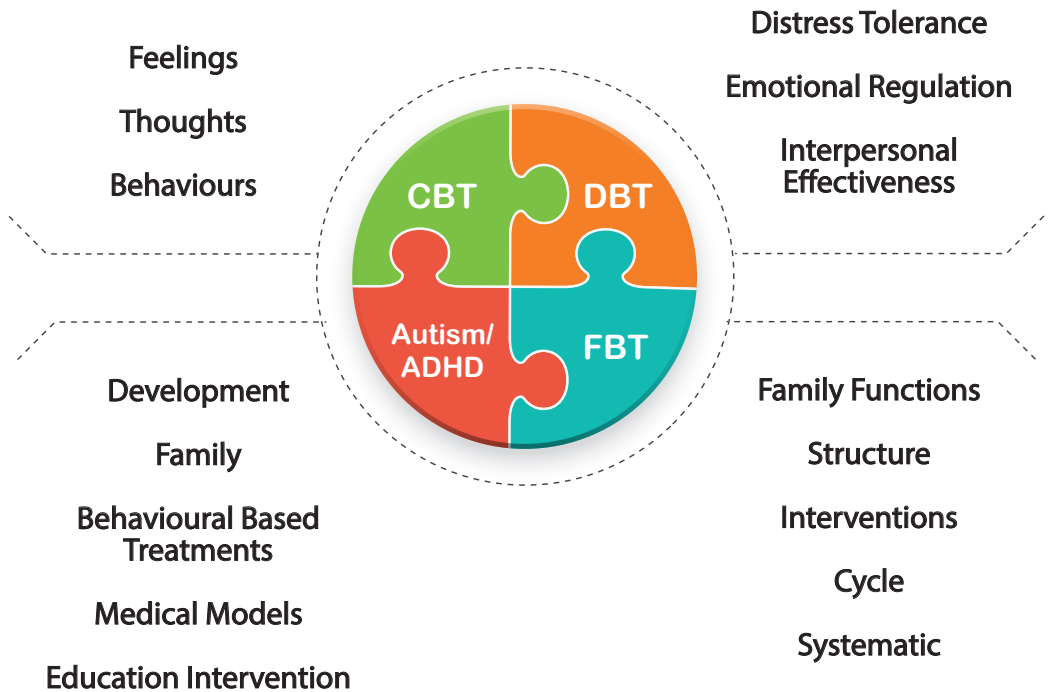
WHAT CAN AMBIMIND OFFER?

- All our practitioners are registered with their regulatory bodies and benefit from ongoing training and supervision
- Our interventions are based on the latest evidence and procedures
- Secure transfer of data between us and healthcare providers gives a real time insight of progress across each step of the therapeutic journey
- Social prescriptions
- Enhanced, flexible access to mental health therapy
- Mental health and wellbeing workshops
- Virtual breakout rooms, allowing more than one member of a family or support group to be involved in an online session



BECOME YOUR HEALTHIEST, HAPPIEST YOU

WHAT CAN AMBIMIND OFFER?



A HEALTHY WORKFORCE

Having a psychologically healthy workforce creates an array of benefits for both the employer and employees. Access to an expert support network at work, at home and on the go can create huge positive effects amongst staff in the workplace.

We tailor our approach to suit you and your team, offering therapy and wellness sessions at any place. We offer access to our Ambimind services where and when staff really need it.

Higher Staff
Retention



Reduced Absences
from Sickness



Improved
Staff Productivity



14.7% of people
experience
mental health
problems in the
workplace



Enhanced Employer Reputation

Evidence suggests that
12.7% of all sickness
absence days in the UK can
be attributed to mental
health conditions



Workforce Satisfaction
& Wellbeing



Reduced Costs



Empowered &
Supportive Managers

OUR MISSION

Our mission is to provide exceptional mental healthcare to all of our patients from any place. Through our Ambimind online platform, telephone and face to face appointments, we deliver high quality care for private and public organisations. We aim to help patients recover and manage their symptoms in their day to day lives without the need for further intervention. We are dedicated to helping our patients address and overcome any challenges with a warm and tailored approach, maintaining our proven track record of exceptional support with the highest level of compassionate care and confidentiality.

Ambimind was founded by Nurjis Ahmed in 2020 when she discovered the need for a more flexible mental healthcare approach. With over 10 years of experience working in mental health and wellness, Nurjis decided to reinvent mental healthcare through Ambimind. As a working mother of 4 and compassionate Cognitive Behavioral Therapy Practitioner, Nurjis understood the difficulties surrounding accessing appointments during daytime hours and has tackled this issue with a solution enabling access to healthcare at anyplace, 7 days a week. Many neurodiverse people can struggle to attend clinic appointments due to the uncomfortable and unfamiliar sensory environments, Nurjis recognised this and created a way for appointments to be attended in the comfort of a clients own home.



NURJIS AHMED

Clinical Director

Accredited BABCP CBT Practitioner

Member of the British Psychological Society

MSc in Cognitive Behavioural Psychotherapy

Postgraduate Diploma in Cognitive Behavioural Psychotherapy

BSc in Neuroscience

Member of The Psychological Professions Network Board

IHT Member

Nurjis has been a qualified Cognitive Behavioural Therapist for over four years, working within IAPT and CAMHS. She has worked in Primary Care mental health services since 2010 in varying environments.

Since 2018, Nurjis has been working as a Senior Psychological Practitioner CAMHS Specialist in Eating Disorders within the NHS. She is a qualified Clinical Supervisor at both high and low intensity CBT. Since February 2020, Nurjis has moved towards STEP 3 services as a Digital Psychological Practitioner, working with numerous digital therapies.

Nurjis is a Qualified Accredited Practitioner and Registered Member of BABCP (British Association for Behavioural and Cognitive Psychotherapies), BPS (British Psychological Society) and PPN (Psychological Professionals Network).

SPECIALIST AREAS:

- Social Anxiety Eating Disorders
- Obsessive Compulsive Disorder
- Body Dysmorphia
- Gender Dysmorphia
- Stress Disorder
- Post Natal Depression
- Seasonal Depression
- Anger
- Bipolar Disorder
- Personality Disorder
- Autism Diagnostic Observation Schedule
- Cognitive Behavioural Psychotherapy
- Dialectical Behaviour Therapy
- 3rd Wave Model, Mindfulness-Based Cognitive Therapy
- Acceptance and Commitment Therapy
- Compassion Focused Therapy, Supervision
- Post-traumatic Stress Disorder
- Depression
- Dissociation and Dissociative Disorder
- General Health & Nutrition
- Recreational Drugs & Alcohol
- Hoarding
- Hypomania and Mania
- Loneliness, Panic Attacks
- Phobias
- Self Esteem
- Self Harm
- Sleep Problems
- Trauma
- Tardive Dyskinesia



VANESSA BERRY

Systemic Family and Mental Health Practitioner
Clinical Supervisor
Stage 2 Mental Health Mentor
Postgraduate Diploma in Systemic Family Practice
BSc Applied Psychology
BSc Mental Health Nursing

Vanessa Berry is a Senior Nurse Practitioner and Systemic Family Practitioner working in a specialist community eating disorder service for children and young people.

Vanessa has experience of working within other specialisms of psychiatry, such as perinatal and previous to this has worked in the community with adults.

Vanessa provides clinical supervision to staff and is a qualified mentor for students committed to enhancing the learning experience.

Vanessa is registered with the Nursing and Midwifery Council.

SPECIALIST AREAS:

- Access to Services
- Sexual Health
- Nutrition
- Sleep Problems
- Systematic Family Practitioner
- Supervision
- Communication
- Family Functions
- Relationship Issues
- Marriage Difficulties
- Wellbeing
- Self Help



MIRANDA DEVANEY

DBT Therapist

Mental Health Nurse Practitioner

BSc in Mental Health Nursing

Miranda is a Senior Nurse Practitioner and is currently working as an all age practitioner in a Mental Health Liaison Team. She has worked within mental health services for over 16 years including secure adult / CAMHS inpatient during which she delivered DBT skills training therapy groups.

Miranda has experience of working within other specialisms of psychiatry, such as community CAMHS and community eating disorder service for children and young people.

Miranda also has vast experience in providing comprehensive holistic assessments and identifying the needs of the individual. Miranda is registered with the Nursing and Midwifery Council.

SPECIALIST AREAS:

- Self-Harm Self Esteem
- Low Mood
- Access to Services
- Stress Management
- Anxiety
- Suicidal Thoughts
- Intrusive Thoughts
- Triage System
- Cognitive Behavioural Therapy Skills
- Dialectical Behaviour Therapy
- Early Intervention
- Self Help
- Wellbeing
- Nutrition
- Sleep Problems



HELEN HOTCHKISS

Mental Health Practitioner

Postgraduate Certificate in Autistic Spectrum Disorders

Level 5 Leadership and Management in Mental Health

Registered General Nurse

Helen is a qualified nurse with over 20 years experience and a member of the Royal College of Nursing. She specialises in Autism and severe learning difficulties and can provide training/courses for parents/carers, teachers, nursery nurses and teaching assistants in understanding autism.

Helen has worked for Blackpool Local Education Authority (LEA) Children Services for 12 years as an Inclusion Officer/Advisory Specialist within the complex learning difficulties team specialising in autism and severe learning difficulties.

She is qualified in picture exchange communication (PEC's) and can advise on the visual approach, sensory approach, social stories, developing an autistic friendly classroom/home environment, strategies for understanding behaviour and the management of challenging behaviour.

Helen currently works as an independent school nurse / matron as part of this role, she teaches PSHE for 2-18 year olds and is also deputy designated safeguard lead for the school.

SPECIALIST AREAS:

- Autism
- Educational Intervention
- Visual, Social Skills
- Attention-Deficit/
Hyperactivity Disorder
- Behavioural
- Groups
- Consultation
- Nutrition
- Sleep Problems



IQBAL AHMED

Operations Director

Bsc Business Management

PIP 3 in interviewing witnesses and victims who are children and/or vulnerable.

As a Serving Detective Inspector, Iqbal has over 14 years service with Greater Manchester Police, undertaking a variety of operational, detective and strategic roles. Iqbal has over 10 years experience as a detective dealing with the most serious of crimes, including a great understanding and operational experience of the coronial process. Iqbal has headed a number of safeguarding teams in a number of Greater Manchester Districts. These teams include Multi Agency Safeguarding Hubs, dealing with Child protection, Vulnerable adults and victims of domestic violence. Safeguarding the most vulnerable has been at the cornerstone of his career.

RUNO AHMED

Business Development Manager

Postgraduate Diploma in Legal Practice

LLB Hons in Law



Runo Ahmed is a Business Development Manager. She has worked within the field of legal recruitment for the past 10 years shortly after graduating with a Post Graduate Diploma in Legal Practice. She has built excellent working relationships over the years with small, medium and large firms across the North West. Runo has a very professional approach to her work and is keen to develop new relationships in her role with Ambimind and most importantly, ensuring an outstanding service at all times.

OUR ASSOCIATIONS



www.babcp.com

British Association for
Behavioural &
Cognitive Psychotherapies

BABCP are the lead organisation for Cognitive Behavioural Therapy (CBT) in the UK and Ireland. They promote, improve and uphold standards of CBT practice, supervision and training. They support their members to develop professionally and link with the CBT community. BABCP are a professional association operating a highly-respected voluntary register for accredited cognitive behavioural psychotherapists, and help to protect the public by supporting best practice.

www.babcp.com



The British Psychological Society is the representative body for psychology and psychologists in the UK. It is made up of members from all walks of life whose primary interest is in the development and application of psychology for the greater public good. The Society comprises several divisions, each dedicated to a specific specialty, and is responsible for the promotion of excellence and ethical practice in the science, education, and practical applications of psychology.

www.bps.org.uk



The Psychological Professions Network (PPN North West) is a new multi-professional network established with the support of Health Education North West (HENW) in collaboration with the Centre for Professional Workforce Development (CPWD).

www.nwppn.nhs.uk

OUR ASSOCIATIONS



The International Alliance of Holistic Therapists was originally established to set a recognised benchmark for Holistic Therapy Training. Building a community of like-minded people who have a passion for helping others using holistic practices. Registered Clinical Members have undergone rigorous measures to achieve the standards set by the IAHT. The IAHT requires ongoing Clinical Supervision and education courses each year to maintain these levels of membership.

www.ia-holistic-therapists.com



The Nursing & Midwifery Council maintain the register of nurses and midwives who meet the requirements for registration in the UK, and nursing associates who meet the requirements for registration in England. They set the requirements of the professional education that supports people to develop the knowledge, skills and behaviours required for entry to, or annotation on, their register.

The Nursing & Midwifery Council shape the practice of the professionals on their register by developing and promoting standards and encouraging lifelong learning.

www.nmc.org.uk



Achieve Group provide and maintain a safe therapeutic living environment which enables young people to ACHIEVE their full potential by providing the highest level of care and education. The Achieve Group was formed in 2020 to pull together all the services that operated under the Achieve Banner. They provide therapeutic care for young people who suffer with emotional, behavioural and socially challenging behaviour.

www.achievetgroup.org.uk

CONTACT US



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BECOME YOUR HEALTHIEST, HAPPIEST YOU