

The Directors Mental Health Program

Why we do what we do.

The Directors Helpline has been helping directors for over 10 years that are experiencing financial distress in their companies, however in recent times we have been helping more than usual.

Why – Because of the pandemic

Covid-19 has effected everyone financially in one way or another, and hardest hit was the small business owner, the owner managed companies and the self employed individuals..

And whilst we present a variety of options based on different scenarios for directors and their companies, one thing is always overlooked and that is....

The Director's Mental Health.

[Click here to find out more](#) ▶



thedirectorshelpline.org/mental-health

How can we help?

Mental Health is around us all in our daily lives and we speak about it much more openly. Its widely more accepted than it used to be, however we think more needs to be done for directors of SME's.

Directors take the burden of a wide range of things when a company is in financial difficulty. Paying staff, HMRC threats, Sales, their duty as a director and responsibilities. Whilst managing all this, they also have to think about themselves personally.

- > How the mortgage is getting paid?
- > What and where my next wage is coming from?
- > I accumulated a directors loan, what's my personal implication if I close?
- > And many more...

With all of the above, we created the Directors Helpline Mental Health Program – The first of its kind we believe, where we fund and actively promote directors to seek help through our panel of mental health experts, whilst understanding the options for the company.

For more information please visit our Mental health Pages:

thedirectorshelpline.org/mental-health



Sleep deprivation



Anxiety



Stress



Panic attacks

Terms we are hearing all too often. Now is the time to change.

Whilst understanding options for the company is of the highest importance, looking after your mental health is paramount. If we can do this in parallel, then hopefully this will make what is a very hard time much less stressful.

