



The  
Director's  
Choice.com<sup>®</sup>



# The Directors Mental Health Program

## Why we do what we do.

Here at THEDIRECTORSCHOICE.COM we are not only passionate in providing directors with easy access to trusted panel firms for services relating to the company, we also have Directors wellbeing at the forefront of what we do.

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.

Running a company day to day is hard, directors tend to think of all sorts of people before themselves, the one thing that is always overlooked...

**The Director's Mental Health.**



Click here to  
find out more



# 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 Choice 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.

**For more information please visit our Mental health Pages:**

[thedirectorschoice.com/mental-health-programme](http://thedirectorschoice.com/mental-health-programme)



**Sleep deprivation**



**Anxiety**



**Stress**



**Panic attacks**

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

Whilst we understand running your 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.

