



The Essentials

Half-Day Workshop

Learn a practical 'Toolkit' approach for thinking about, managing and talking about your mental health.

100%

Agreed they would recommend this training to a friend or colleague *

95%

Agreed they could see themselves applying the content of the session in their personal lives.*

Training date

15th October 2026

9.30am-1.30pm

Online via Zoom



To book, email training@mnessexmind.org
or visit mnessexmind.org/training

*Based on post training feedback from sessions delivered between April 2025 and June 2025
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