

# We are here to support mental health in the workplace

## Training and Guidance

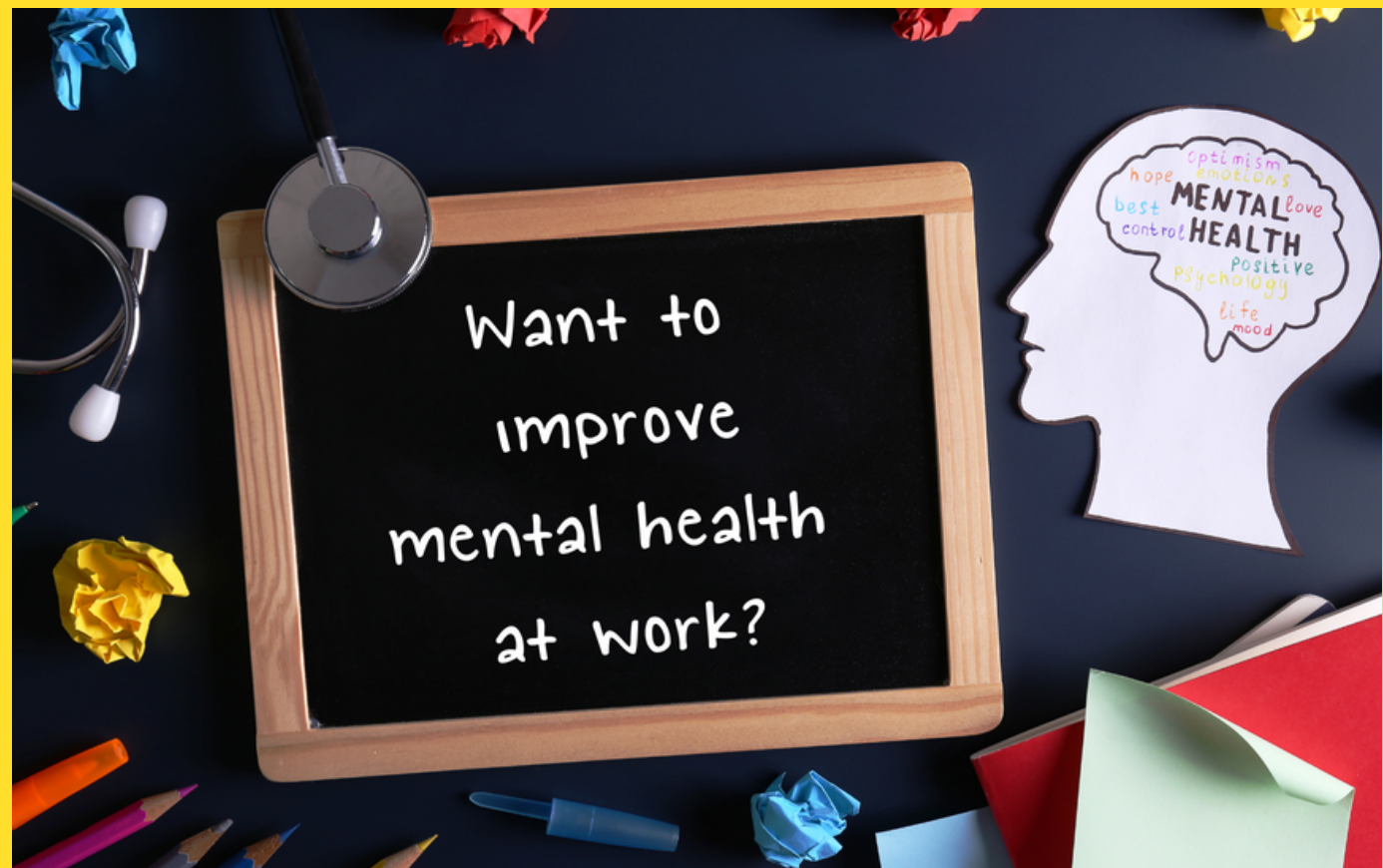
56 per cent of employers say they would like to do more to improve staff wellbeing, but don't feel they have the right training or guidance.

At Mind in Harrow, we can help. We offer specialist, tailored mental health and wellbeing training courses and workshops, focusing on the workplace.

## Workplace Training Courses

- Mental Health Awareness at work
- Understanding and building resilience
- Trauma informed resilience training
- Stress management
- Lunch & Learn

[www.mindinharrow.org.uk](http://www.mindinharrow.org.uk)



## Why us?

We are a specialist provider which ensures that knowledge provided is well-evidenced and relevant. Our prices are very competitive and we provide discounts for the public and voluntary sectors. Any profits we make from training, go towards supporting the key services we provide.

More info at:

[mindinharrow.org.uk/training/](http://mindinharrow.org.uk/training/)

## Mental health and wellbeing during COVID-19

We have a brand new range of workshops that we deliver online, via Zoom or Teams to support and protect everyone's mental health and wellbeing. Our workshops are interactive and offer practical support skills:

- Supporting your transition towards the new normal
- Manage your wellbeing while working from home
- WinterSavvy: survival tips for winter wellness
- Building your emotional health and resilience
- How to cope with stress and anxiety



## Get in touch

Call 020 8426 0929 or send us an e-mail on [info@mindinharrow.org.uk](mailto:info@mindinharrow.org.uk)

You can also [get in touch](#) on our contact page.



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