

# Need help?

## Free confidential support for your wellbeing

### You will have access to:

- a confidential point of contact with Mind workplace wellbeing practitioners
- a one to one holistic wellbeing assessment
- a wellbeing action plan with personalised and realistic goals
- up to six 45 min sessions of support with a professional wellbeing practitioner
- information, Mind resources and signposting to other sources of help to improve wellbeing

The service is **100% confidential**.

To book your wellbeing assessment or to find out more information, email Mind on [bizwellbeing@easthantsmind.org](mailto:bizwellbeing@easthantsmind.org)

This service is available until 31 July 2022 for people working in Havant borough