

Free wellbeing support for you and your staff

Access **free** online consultations and three months of employee assistance support with Mind.

Find out more at:

www.easthantsmind.org/wellbeing-services/workplace-wellbeing/heh-small-biz-support/



Free wellbeing support for you and your staff



You will have access to:

- a confidential point of contact with Mind workplace wellbeing practitioners
- one to one holistic wellbeing assessment
- 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 for your business email Mind on bizwellbeing@easthantsmind.org

This service is available until 31 July 2022 to people working in East Hampshire