

We are Mind in Mid Herts. your local mental health charity, affiliated to Mind - the leading mental health charity in England and Wales. We provide prevention, support and recovery services to empower people to take control of their mental health.

We are located in Welwyn Garden City, Hertford, St Albans and Stevenage.

We will work to ensure that everyone in Hertfordshire gets the support and respect they deserve.

Get in touch with us:

Mind in Mid Herts
Stevenage Wellbeing Centre
13 Town Square
Stevenage
Herts
SG1 1BP

t: 01438 369216

e: training@mindinmidherts.org.uk

w: www.mindinmidherts.org.uk

Registered charity number: 1101678



[mindinmidherts_](https://www.instagram.com/mindinmidherts_)



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[@mindinmidherts](https://www.facebook.com/mindinmidherts)



Digital Courses for Wellbeing & Recovery

We're Mind in Mid Herts, supporting people
to live well in their communities



Living Well

Courses for Wellbeing & Recovery

Our 'Living Well' courses have been designed to support people make positive changes in their lives. Informed by Cognitive Behavioural Therapy (CBT) principles these guided self-help courses support you to identify unhelpful thinking patterns and behaviours, whilst offering you new coping strategies.

These digital courses will be run via Zoom; giving you all the benefits of face-to-face support from your own homes. Each group will be no more than 16 participants and facilitated by our experienced workers at Mind in Mid Herts

Each course will be 90 minutes long and structured over 4 consecutive weeks.

Each course will commence on the following dates:

Feeling Well: Tuesday 7th April

Learning to Relax: Wednesday 8th April

Building Courage: Thursday 16th April

Staying Well at Work: Monday 20th April

Feeling Well

This course enables participants to gain an understanding of depression; its causes and symptoms and develop a range of strategies to effectively manage their mood.

Learning to Relax

This course equips participants with a good understanding of what stress is, how it is managed and supports learners with a range of strategies to effectively manage their stress.

Building Courage

This course enables participants to gain a good understanding of what anxiety is, how it is maintained and to equip learners with a range of strategies to effectively manage their anxiety.

Staying Well at Work

This course supports participants to build their resilience and gain an understanding of what impacts their wellbeing at work and how to build positive wellbeing and manage change effectively.

Sleeping Well

This Mental health Awareness week we will be running a workshop for participants around sleep, the theme of the week. This workshop will provide participants with a good understanding of sleep and explore strategies to improve it.



To Book:

Eventbrite: <https://mindinmidherts.eventbrite.co.uk/>

Website: www.mindinmidherts.org.uk

Email us: training@mindinmidherts.org.uk