

## Wellbeing and Mental Health Program

3 in 5 people experience mental health issues at work.  
Mental health issues are the primary cause of workplace absence  
67% of employees said they would access a wellbeing service if offered

We offer a full program of Wellbeing and Mental health training and support centred on the impact of mental health and wellbeing in the workplace.

The program is flexible to meet the needs of your organisation including:

- ✓ 1:1 Wellbeing support sessions
- ✓ Small group Wellbeing workshops
- ✓ e-learning – Mental Health introduction
- ✓ Mental Health Awareness – ½ day session
- ✓ Mental Health First Aid – Adults – e-learning or face to face
- ✓ Mental Health First Aid – Youth/Adolescent – e-learning or face to face

*Start a new chapter*  
*Dechrau pennod newydd*

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