



# Professional Personal Development Training

**Free Choices**

## Diverse Mental Health

We believe, that a truly meaningful and comprehensive mental health strategy is only achievable when it includes the full and specific experience of women and people from diverse groups

The Diverse Mental Health Training Approach, incorporates the particularly detrimental mental health circumstances, which impact women and people from diverse groups. Recognition and understanding of these experiences, enable more effective and person-centred support

Diverse Mental Health Training partners with individuals and organisations supporting:

1. Create greater understanding of the mental health issues faced by women and people from diverse groups
2. Develop effective strategies to meet the specific mental health and well-being needs of women and people from diverse backgrounds and businesses
3. Build mentally healthy, diverse, inclusive, happier and more productive work cultures

*An investment in supporting & promoting diversity and inclusion is also an investment in developing better mental health & well-being*

READ MORE ABOUT FREE CHOICES [DIVERSE MENTAL HEALTH SERVICES](#)

[Contact us](#) to find out more about how we can support to create your people's diverse mental health and well-being strategy