



Free Choices

MENTAL WELL-BEING SUPPORT GUIDE

For

- Leaders
- HR Professionals
- Managers
- Employees
- Individuals

This guide is:

- Accessible anytime
- Adaptable for your own specific needs
- Affordable
- Simple & effective
- Engaging & fun



Diverse & Inclusive Mental Health



Introductory Prices

X10 Employees £65.00pp
X25 Employees £45.00pp
X50 Employees £40.00pp
X100 Employees £35.00pp
X500 Employees £10.00pp

For larger groups please
contact us for details

This guide focuses on providing you with helpful information and self-led strategies, which foster better mental health and well-being. Allowing you to take charge of your health and build positive coping strategies.

**PACKED WITH 75+ PAGES OF SUPPORTIVE
INFORMATION, TECHNIQUES, TEMPLATES & TOOLS**

YOUR BENEFITS

- ✓ Helps you to recognise signs and causes of stress, anxiety and poor mental health
- ✓ Supports you to focus, plan and structure your day, particularly when working from home
- ✓ Provides a range of strategies to help you spot, monitor and cope with stress, anxiety, as well as manage poor levels of mental health.
- ✓ Clear guidance to develop your personal plan to manage stress & build resilience.