



Free Choices

DIVERSE MENTAL HEALTH SUPPORT GUIDE

For

- Leaders
- HR Professionals
- Managers
- Employees

This guide is:

- Accessible anytime
- Adaptable for your own specific needs
- Affordable
- Simple & effective
- Relevant & engaging

On-line & download PDF Versions



This guide focuses on providing you with helpful information and self-led strategies, which foster understanding and support for better mental health, relating to issues of diversity, equity & inclusion. Allowing you to more effectively meet the needs of a diverse workforce.

PACKED WITH SUPPORTIVE INFORMATION, TECHNIQUES, TEMPLATES AND TOOLS

YOUR BENEFITS

- ✓ Understanding the commonality and connection between mental health & DEI factors.
- ✓ Understanding and recognising the impact of harmful DEI factors on mental health & well-being
- ✓ Awareness of the impact of discrimination, stereotypes, assumptions and microaggressions on mental health & well-being
- ✓ Developing your awareness around mental health+ DEI factors in the workplace
- ✓ Practical strategies in managing stress, anxiety & trauma symptoms related to DEI factors

Introductory Price

X1 Employee £195.00
 X10 Employees £75.00pp
 X50 Employees £40.00pp
 X100 Employees £35.00pp
 X500 Employees £10.00pp

For larger groups please contact us for details