



The Essentials

Half-Day Workshop

Learn a practical 'Toolkit' approach for thinking about, managing and talking about your mental health.

100%

Agreed they would recommend this training to a friend or colleague.*

95%

Agreed they could see themselves applying the content of the session in their personal lives.*

Training date

10 December 2026

9.30am-1.00pm

Location

**Braintree Town Hall
Fairfield Road
Braintree
CM7 3YG**

