



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

16 June 2026

9.30am-1.00pm

Location

**Chapter House
Chelmsford Cathedral
Cathedral Walk
Chelmsford
CM1 1NX**

