



North East
Better Health
at Work Award

Date: Friday 1st August 2014

Healthy Mind

Developed by a team of health and clinical psychologists, mindfulness expert, GPs and patients, the Healthy Mind was originally designed for patients in primary care experiencing emotional distress caused by life events rather than clinical disorder. It aims to provide support in times of stress, rather than a modular weekly learning course and is based on well-established practices from mindfulness and cognitive-behavioural therapy utilising techniques for addressing unhelpful thoughts and promoting helpful behaviour.

The University of Southampton would now like to invite **employers** to get involved by offering the intervention to their employees for FREE.

There are two launch events in the North East of England:

Gateshead

Tuesday 2nd September, 10:00 – 12:00

Register at <https://www.eventbrite.co.uk/e/healthy-mind-launch-gateshead-tickets-12316130879>

Middlesbrough

Tuesday 2nd September, 15:00 – 17:00

Register at <https://www.eventbrite.co.uk/e/healthy-mind-launch-middlesbrough-tickets-12191801005>

For those unable to make the event, information packs are available from Scott Lloyd (scott.lloyd@redcar-cleveland.gov.uk).

All interested employers must register their interest in Healthy Mind by 18:00 on the 9th September 2014.

