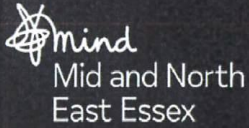




Funded by  
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\*Based on post training feedback  
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The Mental  
Health Toolkit®

# The Essentials

A half-day workshop that takes you through The Mental Health Continuum - the spectrum of mental health that we are all on - and introduces the Emotional Needs & Resources approach

**85%**

would recommend this training to a friend or colleague.\*

**81%**

See themselves applying the content of the session in their personal lives.\*

## Training dates

**In person**

**10 Dec 2024 - Maldon**

**18 Feb 2025 - Maldon**

**Online**

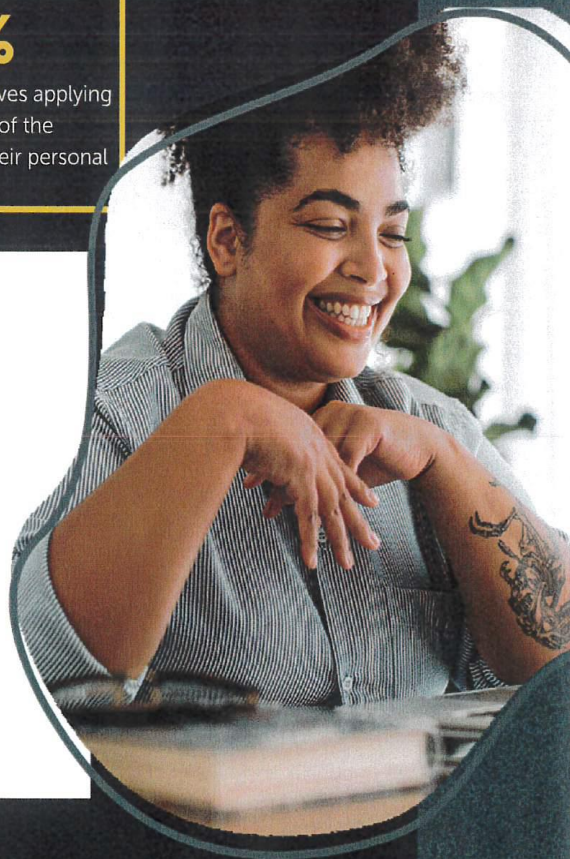
**07 Jan 2025**

**30 Jan 2025**

**27 Feb 2025**

Timings: 09.30- 13.00 (In person)

09.30- 13.30 (Online)



To book, please email

[training@mnessexmind.org](mailto:training@mnessexmind.org)

or book online at [mnessexmind.org/training](https://mnessexmind.org/training)

