

# Free Mental Health Services

for  
**Wiltshire's  
Small Businesses**



Supported by

**Wiltshire Council**



## **Workplace Wellbeing Support Programme** (in affiliation with My White Dog)

Wiltshire Mind has launched a Workplace Wellbeing Support Programme for individuals working in smaller businesses and sole traders in Wiltshire.

### **Counselling programme includes:**

8 sessions of fully funded counselling, online or face-to-face at Trowbridge Counselling Rooms.

- To book, please contact [\*\*counselling@wiltshiremind.co.uk\*\*](mailto:counselling@wiltshiremind.co.uk)

### **Fully funded Mental Health Training:**

Half Day Awareness, 1-day Champion and Mental Health First Aid courses

- To book, please visit [\*\*www.keap.app/contact-us/5674984070447104\*\*](http://www.keap.app/contact-us/5674984070447104)  
or contact [\*\*training@wiltshiremind.co.uk\*\*](mailto:training@wiltshiremind.co.uk)

For more information visit

[\*\*www.wiltshiremind.co.uk/new-workplace-wellbeing-support-for-smaller-businesses/\*\*](http://www.wiltshiremind.co.uk/new-workplace-wellbeing-support-for-smaller-businesses/)

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**Wiltshire**  
Wildlife Trust



## **Boost Workplace Wellbeing with Wiltshire Wildlife Trust**

Free nature-based wellbeing support for Employers and Employees.

### **Wiltshire Wildlife Trust offer:**

- **Mental Health Awareness and Early Intervention Sessions**  
- using a nature-based approach.
- **Wellbeing Taster Days** - free sessions across the county discussing the importance of mental wellbeing and incorporating nature into work life.
- **Mental Health First Aid Training**
- **Bespoke Wellbeing Packages** - tailored support for selected organisations.

For more information, or to register visit  
[www.wiltshirewildlife.org/wild-workplaces](http://www.wiltshirewildlife.org/wild-workplaces)  
or email [imogenj@wiltshirewildlife.org](mailto:imogenj@wiltshirewildlife.org)

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## Workplace Counselling Programme

Take advantage of 8 free counselling sessions to support your team; building resilience, growing awareness and increasing wellbeing. Open to small businesses and sole traders in Wiltshire.

### **Our programme offers help for:**

Low-mood, anxiety, stress, bereavement, and loss. Sessions available online, telephone, or in-person at our Trowbridge office.

For more information, or to register visit  
[www.helpcounselling.co.uk  
/workplace-counselling](http://www.helpcounselling.co.uk/workplace-counselling)

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# Open Minds

Training and Consultancy

## Free Mental Health Training and Support in Wiltshire

Open Minds offers comprehensive Mental Health First Aid England training to help people support themselves as well as colleagues, family, & friends.

### **This funded project will provide:**

Free face-to-face and online certified training including:

- **MHFA England half-day awareness course**
- **2-day Mental Health First Aid Training**

### **Lived Experience & Deep Dive support films and resources**

- on various Mental Health Conditions to help you spot the signs, support others, and maintain personal wellbeing.

For more information, or to register visit

[www.openmindsmentalhealth.co.uk](http://www.openmindsmentalhealth.co.uk) or

email [tracy@openmindsmentalhealth.co.uk](mailto:tracy@openmindsmentalhealth.co.uk)

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