

Employee and Employer Support

Employees

Mental health problems at work are common. At least one in six workers is experiencing common mental health problems, including anxiety and depression. Find out more by visiting Mind's [Workplace](#)

Employers

Mind's research confirms that a culture of fear and silence around mental health is costly to employers.

Talking Therapies for Your Employees

Support employees who are stressed, anxious or depressed with the North East Wales Mind Talking Therapy Service. Our experienced and well qualified therapists can provide brief or longer term counselling and psychotherapy to help your staff keep well or get back to work after problems caused by stress, anxiety, depression or life events like bereavement, divorce and physical ill-health. Call us on 01352 757165 for more details.

Mental Health Courses

Build resilience and coping skills to keep staff in the workplace with our Stress Management Courses (either half day or seven weeks). Teach employees to support colleagues and subordinates experiencing mental distress with [Mental Health First Aid](#)

Find out more about how you can help your staff by visiting Mind's [Workplace](#) webpage.