



Mid and North
East Essex



**The Mental
Health Toolkit ©**

Delivered by Mid & North East Essex Mind

Fully Funded for
Braintree Residents and
Businesses

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.*

2025 Training dates

11 Sep Braintree Town Hall,
Braintree

16 Sep Team Kinetix,
Witham

9 Oct Queens Hall,
Halstead

23 Oct The Plaza,
Great Notley

11 Nov Team Kinetix,
Witham

27 Nov I-Construct,
Braintree



Thank you to Braintree District Council for funding the £75 per person session charge, making these workshops FREE for you to attend.



To book, email training@mnessexmind.org
or visit mnessexmind.org/training

*Based on post training feedback from sessions delivered between April 2025 and June 2025
Not to be reproduced without written permission from Mid and North East Essex Mind
Mid and North East Essex Mind Registered Charity No. 1064309