



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%**

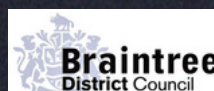
Agreed they could see themselves applying the content of the session in their personal lives.\*

## 2026 Training dates

- 6 Jan** Braintree Town Hall, Braintree
- 20 Jan** The Plaza, Great Notley
- 29 Jan** Team Kinetix, Witham
- 5 Feb** Queens Hall, Halstead
- 24 Feb** Online
- 10 Mar** Online
- 12 Mar** Braintree Town Hall, 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](mailto:training@mnessexmind.org)  
or visit [mnessexmind.org/training](https://mnessexmind.org/training)

\*Based on post training feedback from sessions delivered between April 2025 and June 2025  
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