**Mind in Mid Herts**

Hi. We are Mind in Mid Herts your local mental health charity we provide a safe environment where you can meet people and learn to manage your own mental wellbeing.

What services do you offer?

Digital wellbeing one to one course and training.

What are keeping in touch calls?

Keeping in touch calls helps those that are feeling isolated and it's an opportunity to have a listening ear.

‘Living Well’ courses

At Mind in Mid Herts we are also offering living well courses and workshops for wellbeing and recovery. These courses and workshops are currently being delivered over Zoom. So we are using Zoom meetings so you're able to get that face to face delivery as you would if you were to come to one of our centres.

What are the details?

These courses are fully funded so these are free of charge. Some of the courses and workshops that we currently have on offer are feeling well building courage and also staying well at work. So these vary in length from 4-6 weeks and then for our workshops some of these that we're offering is becoming active, being assertive and also learning to relax.

How can I get support?

To be able to access any of our services if you go to [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk) you can either access our living well courses through "workshops and courses" or you can also fill out a referral form if you are interested in any of our other services that we offer.