

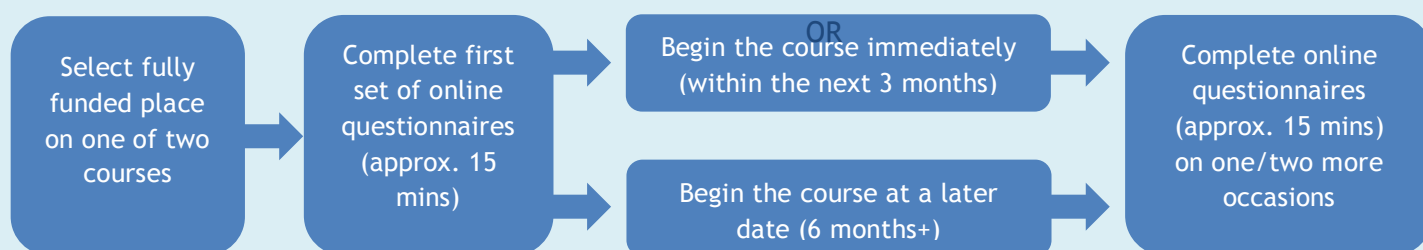
# Staff Wellbeing Project

Fully funded places on evidence-based wellbeing courses available for anyone working for:

**This project is looking at the effectiveness of two evidence-based wellbeing courses for NHS staff.**

*Findings will help us to determine which kind of wellbeing courses are most helpful for NHS staff and will inform what we offer in the future.*

## What's involved?



The two courses on offer:

### Mindfulness course

*(2 hours/week over 8 or 9 consecutive weeks)*

OR

### Staff Wellbeing workshop

*(one-day course based on CBT stress management principles)*

To register for the study, please go to : [bit.ly/HEEKSSsignup](https://bit.ly/HEEKSSsignup)

If you want to find out more about the study, please contact a member of the team at

[HEEKSSWellbeingCourses@sussexpartnership.nhs.uk](mailto:HEEKSSWellbeingCourses@sussexpartnership.nhs.uk)

*If you are interested please apply quickly as places will be allocated on a first come first serve basis.*