

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 evidencebased 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? Begin the course immediately Complete first Complete online Select fully (within the next 3 months) set of online questionnaires funded place (approx. 15 mins) questionnaires on one of two on one/two more (approx. 15 courses Begin the course at a later mins) occasions date (6 months+)

The two courses on offer:

Mindfulness course

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

Staff Wellbeing workshop

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

To register for the study, please go to: 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

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



