



Be Mindful

FROM



Wellmind Health

The clinically proven online mindfulness course for better mental health

World-class academic and clinical research studies evidence:

58%

REDUCTION IN ANXIETY

40%

REDUCTION IN STRESS

63%

REDUCTION IN DEPRESSION

This unique and supportive guided online course reduces levels of stress, depression and anxiety, helping you maintain and enhance your mental health and general wellbeing for a more wakeful, healthier, happier life. NHS-approved and proven effective, Be Mindful is the original and only Mindfulness-Based Cognitive Therapy (MBCT) course available online.

Learn a practical approach

Engaging videos and interactive sessions teach a more effective way of handling stress and challenges to improve your quality of life.

Complete the Pathway in your own time

Online and on-demand, the Be Mindful Pathway is easy to access, simple to follow and completed at your own pace. Access the course web-app on any device.

Monitor your progress and results

Track your progress along the Pathway with self-assessment tools that chart reductions in your levels of stress, depression and anxiety.

TRUSTED BY



**WE ARE
MACMILLAN.
CANCER SUPPORT**



**Scottish
Ambulance
Service**
Taking Care to the Patient



"The course has been fantastic. It has made such a difference to me, I am calmer, happier and feel I can cope again. I'm so glad I have done this course"



★ Trustpilot

Key Features



Flexible, Online & On-Demand



Practical, Accessible & Widely Effective



Learn Skills for Life



Proven & Lasting Benefits



Chart Progress & Results



Guided & Supported

Free Places



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

A number of Be Mindful course places have been funded by the ABUHB

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& JOIN BE MINDFUL