



# Be Mindful

FROM



Wellmind Health

## A clinical-grade digital therapeutic mindfulness course for improved mental health

World-class academic and clinical research studies evidence:

58%

REDUCTION IN ANXIETY

40%

REDUCTION IN STRESS

63%

REDUCTION IN DEPRESSION

Be Mindful is the original and only digital course of Mindfulness-Based Cognitive Therapy. NHS-assessed and commissioned, and trusted for a decade, this accessible web-based digital therapeutic is proven by numerous published research studies to significantly reduce levels of stress, anxiety, and depression, delivering often life-changing results for participants.



Guided & Supported



Chart Your Progress



Skills For Life



Flexible & Accessible



Proven & Lasting Benefits



Widely Effective

*"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"*

Excellent 

 Trustpilot

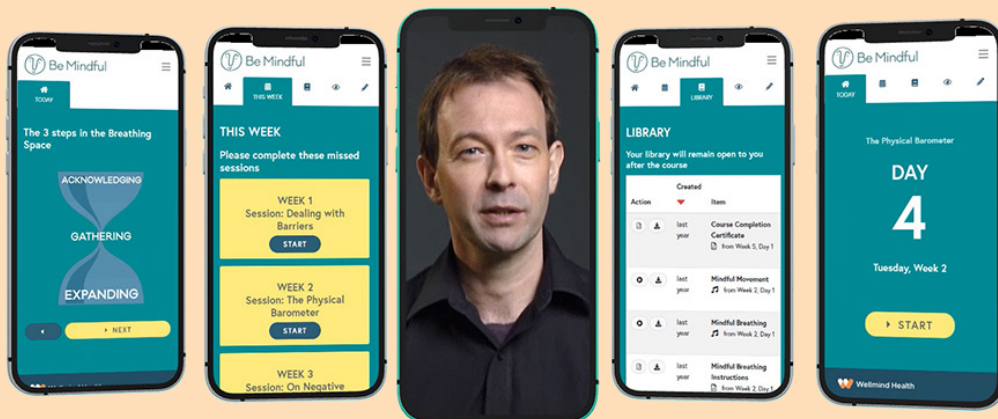
[www.bemindfulonline.com](http://www.bemindfulonline.com)

# A proven and lasting approach to better mental health

Mindfulness-Based Cognitive Therapy is the clinically established form of mindfulness training. Initially created as an intervention for recurrent depression, preventing relapse episodes, it is a powerful method for improving mental health and maintaining good mental health long-term.

This supportive and on-demand web-based course will guide you step-by-step through MBCT, teaching you the practical skills for effectively handling stress and challenges to improve your quality of life.

## Compatible with all desktop and mobile devices



This course has been funded by the Aneurin Bevan University Health Board (ABUHB) and is free to people living or working in the Health Board's catchment area: Blaenau Gwent, Caerphilly, Monmouthshire, Newport and Torfaen.

[JOIN BE MINDFUL FOR FREE HERE](https://www.bemindfulonline.com)

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