

Feeling Stressed? Depressed? Anxious? Struggling to cope at work?



This FREE service provides support for anyone who is experiencing issues such as anxiety, depression, low self-esteem, stress, problems concentrating, lacking in motivation, which is affecting their ability to engage in their current work role.



Yorkshire and the Humber

The Yorkshire and Humber Mind Consortium aims to:

- Tackle stigma around mental health issues in the workplace.
- Help people overcome specific work related issues with one-to-one support sessions.
- Keep clear lines of communication open between employer and employee, during sickness absence.
- Provide support implementing reasonable adjustments during a phased return to work process.

Yorkshire and Humber
Mind Consortium



For better
mental health

To find out how you can receive Employment Adviser support please contact us: Email: miw-enquiries@mindhey.co.uk or Telephone: Hull & East Yorkshire – 01482 240200 or 07791 597119, North Lincolnshire – 07791 597119, North Yorkshire – 07792 924316, South Yorkshire – 07792 924447, West Yorkshire – 0113 230 2631.

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