

Join the online weekly workout that gives you the tools to build your emotional resilience and Mental Health.

FREE to join for anyone aged 16-30. Every Wednesday @ 12pm-1pm GMT

Register **HERE** for the next session!



MindH@CK 1 minute videos to help train your brain!



Get access to weekly MindSET hour our live session providing skills to cope with distress.



Exclusive access to our MindSET library

online resources you can use any time created by experts from lived experience and therapists.



Try the weekly MindSET Workout to help you practice skills at home.

