



A Healthy Team is a Happy Team

Description

The Livemore team recently came together for a workplace mental health session led by South East and Central Essex (SECE) Mind.

With our team now in hybrid work-from-home roles it's more important than ever to make sure everyone feels supported, connected and most importantly, visible. SECE Mind's interactive presentation gave our team practical tools to support wellbeing, challenge stigma, and strengthen workplace culture.

By partnering with SECE Mind Livemore is taking proactive steps to put mental health at the heart of both wellbeing and performance – because a happy, supported team is a successful team

To read more about this and learn about the vital work SECE Mind do to support mental health, visit their website here:

<https://www.secemind.org.uk/blog/south-east-and-central-essex-mind-delivers-mental-health-training-at-livemore>