

5-A-DAY



MENTAL WELLBEING CHALLENGE

NATIONAL WELLBEING CHALLENGE SIGN UP YOUR ORGANISATION TODAY!

At least one in six workers is experiencing common mental health problems, including anxiety and depression.

The 5-a-day challenge aims to promote positive mental health & challenge stigma by asking individuals to improve 5 key aspects of their mental wellbeing on daily basis to score 'WELL points'.



SIGN UP TODAY

Signing up is easy.
You can sign up and pay for employees or signpost them to self pay



LAUNCH TOOLKIT

We will provide a toolkit to help you promote the challenge to staff



WELL 121 APP

All participants get the WELL121 App to track their daily activity

SIGN UP

Go to www.wellbeing4business.co.uk/

30 DAY MENTAL WELLBEING CHALLENGE