



Mind in West Essex - Online Academy



I would like to bring to your attention our Mind in West Essex Online Academy.

[Mind in West Essex Academy – Online Training \(mindlms.org.uk\)](https://mindlms.org.uk)

We offer various courses that can be accessed at home or the workplace and carried out at your own pace. Please take a look on the above link.

Many of the courses are free of charge and include:

- Coronavirus Anxiety
- Introduction to Anxiety
- Introduction to Depression
- Introduction to Grief
- Introduction to Mental Health
- Introduction to Panic Attacks
- Introduction to Stress
- Sleep & Mental Health



[How to access a course](#)

[Mind in West Essex Academy – Online Training \(mindlms.org.uk\)](#)

- On the Academy Home page in the top right hand corner click [REGISTER](#)
 - Complete the details for a free account.
 - Click [SEE ALL COURSES](#)
 - Click the course you are interested in to see more information. If you would like to purchase this course [ADD TO BASKET](#)
 - When you are happy with your choice click [VIEW BASKET](#)
 - Add the coupon code and [APPLY COUPON](#) (if applicable)
 - Click [PROCEED TO CHECKOUT](#)
 - Check these details are correct. Read the Terms & Conditions and [tick](#) box to agree.
 - [PLACE ORDER](#)
 - Notice of order received. Click [MY COURSES](#)
- This is where all your purchased courses are stored for you to access at your will.

If you have any questions, please contact me: mhsteppingforest@mindinwestessex.org.uk