

Your employer cares about you.



World Mental Health Day

10 October

Talking about how you feel can be tough.

Please support your colleagues at this event.

We are supporting World Mental Health Day

Insert details of your activity, date and time.



Tel: 01325 401110

Web: [corporatepersonalwellbeing/PEAP](https://corporatepersonalwellbeing.com/PEAP)

Corporate Personal Wellbeing is the number one workplace wellbeing organisation in the UK. We are experts at improving the mental and physical - fitness, health and wellbeing of our clients' primary asset – their people – so their organisations succeed.

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