Join the MINDSET

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!

Charity No: 1060062

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

Exclusive access to our MindSET library online resources you can use any time created by experts from lived experience and therapists.

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