

Guernsey Mind is an independent mental health charity encouraging positive attitudes towards mental health and supporting mental wellbeing in the Bailiwick. Together, we aim to create workplaces and communities where mental wellbeing is valued and supported. Our programmes and partnerships are designed to break down stigma, support individuals, and build stronger, healthier communities.

Workplace & Wellbeing

Workplace Partnership

What is it?

A public commitment to mental health, partnering with Guernsey Mind to fight stigma and support staff wellbeing.

What workplaces receive

- Comprehensive wellbeing staff survey
- Data-driven action planning for maximum impact
- Tools to communicate and track wellbeing improvements
- Ongoing support from Guernsey Mind

Training Opportunities

Guernsey Mind offer a number of training programmes throughout the year, including:

- Bespoke Workplace Training
- Mental Health Awareness
- Manager Training
- Listening Skills
- Mental Health First Aid
- Suicide First Aid

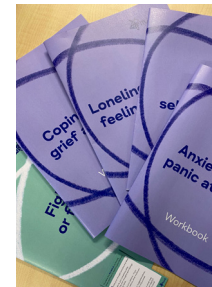


Support

One-to-one support

We provide support for people experiencing mild to moderate mental health challenges, along with signposting to relevant professional services, agencies, or charities as needed.

Our free Supported Self Help (SSH) programme includes six guided sessions led by a fully trained practitioner. It uses materials designed to help participants understand and manage their feelings while building practical skills.



Groups

Alongside Supported Self Help, we offer regular group sessions and workshops, such as:

- Sleep Workshops
- Art Group
- Chronic Illness Group
- Peer Support Weekly Drop-in Sessions
- Online Mindfulness Sessions
- Hope Singers Community Choir

Awareness & Events

Events

We organise and support various events throughout the year. All proceeds fund our work within the Bailiwick and help raise awareness about mental health and wellbeing.

So far in 2025...

- Liberation Day Parade
- Sunrise Walk of Hope
- Buxton movers running group
- 10K Challenge
- West & North Shows
- Charity Seafront Sunday
- NEW EVENT: Walkies with Guernsey Mind

Other awareness activities:

- Monthly Beach Cleans (with Healthcare Group and Green Earth Trust)
- Social media campaigns
- Website updates with helpful information
- Support for national campaigns (e.g. Mental Health Awareness Week)

