



# Be Mindful

**The clinical-grade digital therapeutic  
mindfulness course for improved mental health**

World-class academic and clinical research studies evidence:

**58%**

REDUCTION IN  
ANXIETY

**40%**

REDUCTION IN  
STRESS

**63%**

REDUCTION IN  
DEPRESSION

Be Mindful is the only digital course of Mindfulness-Based Cognitive Therapy (MBCT). NHS-assessed and commissioned, and trusted for a decade, this accessible web-based course is proven by numerous published research studies to significantly reduce levels of stress, anxiety, and depression, often delivering life-changing results for participants.



Guided &  
Supported



Chart Your  
Progress



Skills  
For Life



Flexible &  
Accessible



Proven &  
Lasting Benefits



Widely  
Effective

*"The course has been fantastic. It has made such a difference to me, I am calmer, happier and feel I can cope again. I'm so glad I have done this course"*

Excellent 

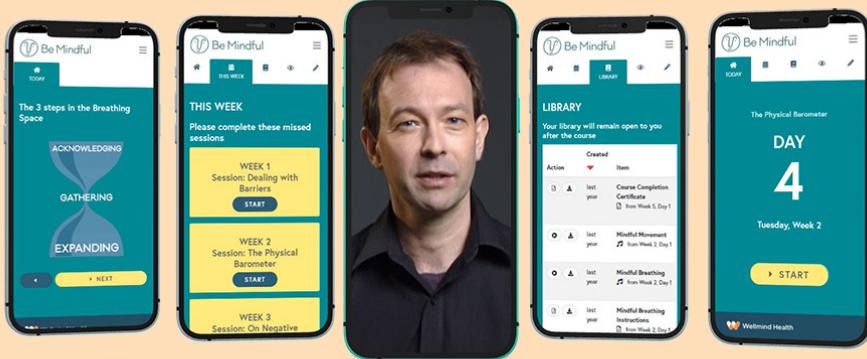
 Trustpilot

# A proven and lasting approach to better mental health

Mindfulness-Based Cognitive Therapy is the clinically established form of mindfulness training. Initially created as an intervention for recurrent depression, preventing relapse episodes, it is a powerful method for improving mental health and maintaining good mental health long-term.

This supportive and on-demand web-based course will guide you step-by-step through MBCT, teaching you the practical skills for effectively handling stress and challenges to improve your quality of life.

## Compatible with all desktop and mobile devices



Safety, Health & Employee Wellbeing



UNIVERSITY OF  
**BATH**

*There is real scientific evidence that the practice of mindfulness can be of benefit to everyone. You do not need to be feeling stressed to take part, as the course will impart skills you will be able to use in the future to deal with challenging situations more effectively.*

*We hope you might use this resource as an opportunity to take a little time each day to focus on yourself and your own wellbeing and encourage you all to try it.*

**Safety, Health & Employee Wellbeing**

Promote • Prevent • Support

**JOIN BE MINDFUL FOR FREE HERE**