



Be Mindful

FROM
 Wellmind Health

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 original and only digital course of Mindfulness-Based Cognitive Therapy. Discover a proven and lasting approach to managing stress, depression, and anxiety that will help you improve and maintain your mental health and wellbeing long-term for a more wakeful, healthier, happier life.

"Life-changing"

Excellent 

"Really helpful"

 Trustpilot

*"Absolutely
Superb"*

"Brilliant course"

*"Informative
& Interesting"*

Find out more & Join Be Mindful for free

Scan below with your phone camera or QR reader:



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