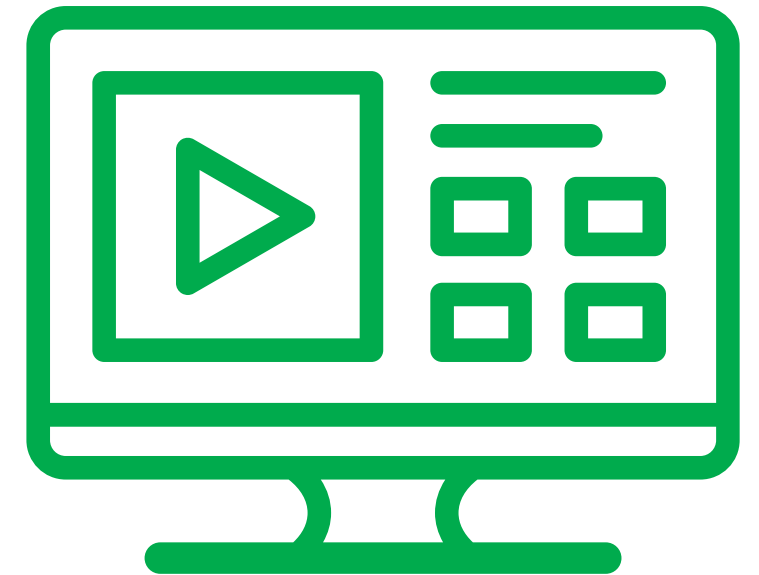


MindEd Hub: a snapshot

The MindEd Hub is a free open access mental health and wellbeing elearning resource supported by Health Education England, which offers more than 500 sessions to support those who work, volunteer, or are studying to work with infants, children and young people and adults. MindEd empowers users with the confidence and skills to understand, identify, and address mental health challenges.



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- Nearly **a million enrolments** to MindEd sessions since 2017
 - In 2022 **over 150,000 sessions** were launched, equating to **over 53,000 hours of learning**
 - **MindEd's STOMP** (stopping over medication of people with a learning disability and autistic people) sessions **have provided over 873 hours of learning** to users so far since launching in June 2022.



Here's what users say about the MindEd Hub:

"I found the wellbeing course I undertook both easy to follow and highly relevant in building the skills I need to support those I work with."

"The information provided on the MindEd Hub is straightforward and empowering."