

# Healthy Minds Digital Bundle

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Business Use Only

# Healthy Minds Digital Bundle



**Building healthy coping skills module**



**Surviving to thriving recorded webinar**



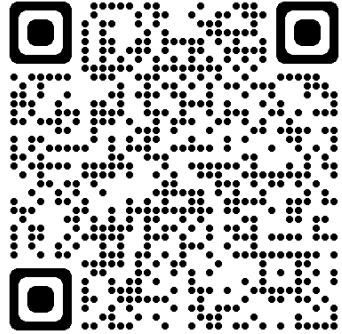
**Team talk cards**



**Mental health fact sheets**

# Bupa Life Skills

Register for Bupa Life Skills!



1. Scan the QR code
2. Select 'Register' and complete your details
3. Access to content for 12 months

