

World Mental Health day - Podcast Series



Mental Health First Aiders

## NEMEA Mental Health Session World Mental Health Day

Dear Colleagues,

Here is the second part to the podcast series with Darren Hardy, a conversation with Joe Baguley. If you missed the first one don't worry, you can also find it in this sway.



### Darren Hardy - Fortitude Front, Podcast Series with Guest Joe Baguley

As part of World Mental Health day we caught up with Darren Hardy from Fortitude Front to talk about his story, what he went through and the coping mechanisms he used.

[Go to this Sway](#)



[Here](#) you'll find a summary of Al Wybrew's Stress Buster guide; along with the link for the recording to his session on the 10<sup>th</sup> October and information about our new web page within the benefits portal.

If you need to reach out, please do not hesitate to send us a message at [mentalhealth@vmware.com](mailto:mentalhealth@vmware.com) which is a completely confidential mailbox and is monitored during work hours.

Or find out more information about some of the work we've been doing around the mental health initiative at our brand new [NEMEA mental health web page](#) within the benefits portal.

Contact our NEMEA Mental Health First Aid team directly and in confidence:  
[mentalhealth@vmware.com](mailto:mentalhealth@vmware.com)

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