





## Long-term

**Online courses** The Mental Health Foundation has set up an online mindfulness course ( 0 fee), which includes 0 sessions that you can complete at your own pace (see *Be Mindful Online* link below). Thousands of people have participated in this course, which incorporates elements of both Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy.

**Training course** The Mental Health Foundation provides a listing of mindfulness courses throughout the via their *Be Mindful* website (see resources). ull length courses tend to run for eight weeks, though there are shorter courses and introductory sessions available as well. The Centre for Mindfulness Research and Practice at Bangor niversity and the Oxford Mindfulness Centre at Oxford niversity provide training for those who would like to teach Mindfulness Based Cognitive Therapy or Mindfulness Based Stress Reduction.

## REFERENCES

<sup>1</sup>"Be Mindful," Mental Health Foundation, <http://www.bemindful.co.uk/>



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PACE is London's leading charity promoting the mental health and emotional well-being of the lesbian, gay, bisexual and transgender community.

