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**Links shared during our 2nd November 2022 webinar
“The value of investing in mental health and mindfulness”**

Here's a link to the scientific study which Sean Tolram references:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3541490/>

Link to WHO publication which Rachael Skews references:
<https://www.who.int/publications/i/item/9789240003927>

Link to the profile interview with Robert Manson:

<https://makeadifference.media/mental/how-rwe-energised-its-employees-post-pandemic/>

Link to a webinar covering key learnings/suggestions from Workforce Attitudes Towards Mental Health report 2022 that Rachael mentions:

<https://get.headspace.com/workforce-attitudes-webinar-lp>