

# WEBINAR: MIND YOUR HEAD! WHAT I WISH I'D KNOWN ABOUT ANXIETY, DEPRESSION AND WELLBEING

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Webinars - By **Andrew Wells, Senior Associate**

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Andrew Wells is a Senior Associate specialising in Intellectual Property in our London Disputes team. During this session Andrew generously draws on his personal experience of anxiety and depression to offer his insights and thoughts on what we can do as individuals to combat mental ill health, break down the surrounding stigma and take practical steps to promote the well-being of ourselves and others, both at home and in the workplace.

Facilitated by Ian Cox, Executive Partner, Practices.

## KEY CONTACTS

If you have any questions, or would like to know how this might affect your business, phone, or email these key contacts.



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