

Employee Health and Wellbeing

Mental Health Awareness – May 2022

Mental Health Awareness Week takes place during May, and the theme for 2022 is 'Loneliness'. For many of us, the past few years have highlighted the impact that connecting with others can have on our physical and mental health.

Mental Health Awareness Week is a chance to explore ways we can support not only our own wellbeing but also the wellbeing of others, by staying connected and having conversations around mental health.

Ways to support mental wellbeing

Connect with others

Connecting with others can give us a sense of belonging and space to share our experiences. You could:

- Share a meal with friends or family.
- Go for a coffee break with a colleague.
- Plan a screen-free evening or a games night.



Get Active

Physical exercise can have huge benefits for our mental health and help us get connected with others. You could:

- Go for a wellbeing walk with a colleague over lunch.
- Join your local Park Run or get started with the Couch to 5k app.
- Cycle to work – [find out about the free OVO membership for staff](#)

Give to others

Acts of kindness can give us a sense of reward and provide opportunities to connect with others. You could:

- Ask a colleague how they are and take time to really listen.
- Catch up with family or friends who need support.
- Get to know people in your community by volunteering.

Learn something new

Learning new skills can build a sense of purpose and keep us connected with others. You could:

- Learn a new recipe for lunch or dinner.
- Start a project that challenges you e.g. learning to upcycle furniture or fix a bike.
- Sign up to a local choir, team sport or new course – find out more about our free wellbeing workshops for staff below.



May Wellbeing Workshops

Anxiety Session

9:30 – 10:30am, Wednesday 11 May.



Menopause Awareness

1 – 3pm, Wednesday 11 May.



May Wellbeing Workshops

Low Mood Session
1 – 2pm, Friday 20 May



Wellbeing Q & A Session for Managers
9:30 – 11am, Monday 23 May



Sleep Information Session
9:30 – 10:30am, Wednesday 25 May



Menopause Café
1 – 2pm, Wednesday 25 May



Wellbeing Champion Training
9:30 – 1:30pm, Friday 27 May



Further support for everyone

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or email employee.wellbeing@wales.nhs.uk.

Canopi (previously Health for Health Professionals) provide free mental health support to all NHS and social care staff working in Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

C.A.L.L is a mental health helpline, offering a confidential listening service. The service is open 24 hours a day, 365 days year. You can call 0800 132 737 or text help to 81066.

Coming up in June

Throughout June our theme will follow Men's Health Week 2022 and Pride Month 2022

If you are in crisis and do not feel you can keep yourself safe, contact your GP or the emergency services on 999 or 111.



EMPLOYEE HEALTH & WELLBEING SERVICE
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Occupational Physiotherapy
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