



Employee Health and Wellbeing

Mental Health - May 2021

This year, mental health awareness week will take place from 10th - 16th May. The theme for this year is 'Nature'. For many of us, connection to nature is essential to our mental health, and this has become more evident during the past year.

Mental Health Awareness week is an opportunity to think about ways to maintain our connection to nature and also to talk generally about mental health and how we can support it.

Ways to support mental health

Get moving - physical exercise can reduce stress, boost self-esteem and can help you concentrate, sleep and generally feel better. Try '[Doing our Bit](#)', an online exercise platform available to NHS staff. Alternatively, try to get out for a walk, run or cycle as often as you can. The running app '[Couch to 5K](#)' can help you get started.

Mindfulness can help reduce stress, anxiety and low mood by allowing us to engage more in the present moment. You may wish to try the [Headspace mindfulness app](#) or visit [Palouse mindfulness](#).

Self-compassion can really benefit our mental health and wellbeing. Find out more about developing self-compassion at [Self-compassion.org](#) or attend an '[Introduction to compassion and self-care](#)' workshop run by the Employee Wellbeing Service.

Connecting with others: although socialising as we used to isn't possible at the moment, we are now able to spend time outside with others, and can stay in contact virtually or over the phone. Being with others can be a great way to relax and have fun.

Try self-help: [Silvercloud](#) is an online CBT program, providing help for a range of mental health difficulties, including anxiety and low mood. Alternatively, the [Centre for Clinical Interventions](#) has a range of [workbooks](#) to help you manage mental health difficulties.

Wellbeing Workshops

Anxiety Q&A

9.30am - 10.30am
Tuesday 4 May



Depression Q&A

1pm - 2pm
Friday 14 May



Stress Q&A

9.30am - 10.30am
Tuesday 18 May



Introduction to Compassion and Self-care

1pm - 3pm
Friday 28 May



Further support

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. In addition to telephone appointments, we are now offering video call appointments using the 'Attend Anywhere' platform. Call 02920 744465 or email employee.wellbeing@wales.nhs.uk to refer yourself.

Health for Health Professionals Wales are providing free mental health support to all Health Professionals and Healthcare Students working in NHS 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.

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.



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