

Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing

Welcome to April

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing. In April, we're focusing on **Physical Wellness & Environmental Awareness**.

If you or someone in your organisation is struggling or showing signs of poor mental health, our EAP offers 24/7 access to live chat and phone sessions with qualified counsellors, 365-days a year.

Wisdom App

Our brand-new notification feature is live!

We're excited to launch the new **Notification Centre**, a dedicated space in the Wisdom app where users can clearly view and manage all their app notifications in one place.

Access all of our amazing benefits on your smartphone or web browser

Speak to counsellors, get advice on legal and financial matters, read helpful guides and access delicious recipes – all at your fingertips!

- Wellbeing trackers
- Mini health checks
- Live chat with counsellors
- Four-week health plans
- Mindfulness tools
- Exclusive perks & discounts

[Find out more](#)

Download Wisdom now to access our 24/7 mental health, legal and financial guidance via live chat, telephone and/or video call.



Podcast library

Explore some our previous podcasts from our extensive library, covering a whole host of topics that focus on your wellbeing needs, and the shared experiences of a range of special guests.

[Watch now](#)

Your monthly articles

Connect with nature improve your mental health



Discover the many benefits of connecting with nature to better your mental health.

[Read more](#)

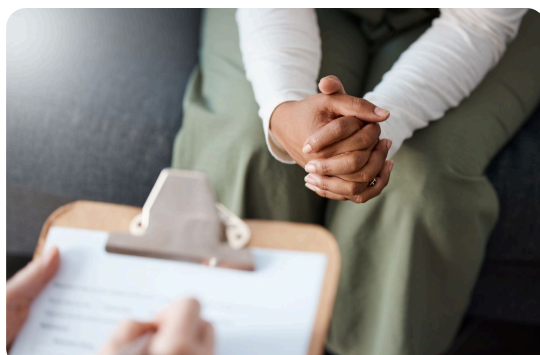
Mental health benefits of gratitude



Gratitude plays a huge role in our mental health and outlook.

[Read more](#)

How do you overcome health anxiety



Health anxiety can be distressing. Discover how to manage it and improve wellbeing.

[Read more](#)

How positive relationships can boost your mental health



Relationships, whether with yourself or others, can hugely impact overall wellbeing.

[Read more](#)

What our people are loving this month



This chair yoga class winds out tension through the shoulders, spine and hips and is the perfect antidote for those who may be feeling stressed.

[Download Wisdom](#)

Coming next month

We will be focusing on theme: **Mental Health Awareness & Fitness**.

Follow us

To keep up with all the latest discussions surrounding workplace wellbeing, follow our socials:

