



Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing



At HA | Wisdom Wellbeing, we are proud to be the UK's only national EAP provider to hold the prestigious BACP (British Association of counsellors and Psychotherapy) accreditation

Welcome to August

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing. This month, we're focusing on **Employee Engagement & Mental Health**.

In August, we will be celebrating World Breastfeeding Week (1st – 7th) and hoping to remove the stigma and judgement people face around a natural part of life.

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

Wisdom App

Your one-stop shop for mental and physical wellbeing can be found on the Wisdom App. Ensure you are registered as a user and have the app downloaded to access a wide-range of features, such as those noted below and even more, including podcasts, recipes, articles and exercise routines.



You have an amazing benefit to use, download Wisdom now for more information. Wisdom is also available on your browser

Wisdom app is where you can access information and resources at a time that suits you. Speak to counsellors, get advice on legal and financial matters, read the helpful guides and access to delicious recipes, all at your fingertips.

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

[Find out more](#)



Podcast library

Explore some of 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](#)

Peace of Mind



In Episode **#28** of our original podcast series, **Sofia Feghali** discusses the topic of **Burnout, Disconnecting & Setting Boundaries** with one of our Wellbeing Counsellors, **Melissa Dhillon**.

Wisdom Talks



In **Episode #01** of our original podcast series, Amanda Chadwick talks to **Wellbeing Counsellor, Amy Hyman** discuss how setbacks can be a time for learning, and how to practice compassion in these moments.

Watch the podcast by clicking the link below.

Watch now

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Watch now

Your monthly articles

Tips for healthy conflict resolutions in relationships



Arguments and frustrations can needlessly break a relationship beyond repair. We cover the top tips for cooling these tensions in your relationships.

Read more

How to support your friends with their mental health journey



It is never easy to see a friend struggling and as much as we might try and help, it can be difficult on us. Find out how you can support a friend with mental health.

Read more

Why workplace friendships are crucial for mental health



Most of a person's conscious week is spent in the workplace. Without social connections, it can be lonely. Read our blog to find out more about the importance of workplace friendships.

Read more

Social connections for remote and on-site teams



Social connections in the workplace can dictate how effective your people are. Find out in our new blog post how to cultivate a relationship between your in-office and remote teams.

Read more

Resources

Employee engagement and mental health is the cornerstone of any successful organisation and central to satisfaction in your roles. This month, our resources are catered towards cultivating those workplace relationships to keep you grounded and satisfied in your role:

- **Infographic: Why friendships at work matter**
- **Poster: How well-connected are you with your team?**

[Download resources](#)



HA | Wisdom Wellbeing are thrilled and honoured to announce that we have recently been shortlisted for two awards at the COVER Excellence Awards 2025. The two awards we have been shortlisted for include:

- **Outstanding Added Value Service (Third Party)**
- **Outstanding Mental Health & Wellbeing support**

We are honoured to have been considered and are looking forward to the results.

What our employees are loving this August Honey Roasted Pear Salad Toasts



This recipe hits all the stops with combos of sweet and savoury, and crunchy pumpkin seeds thrown in. Enjoy the contrast between savoury rocket and pears baked in honey.

[Download Wisdom](#)

Coming next month

We will be focusing on **Suicide Prevention & Stress Management**, complete with multiple guides, infographics and more.

Follow us

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



[Read all the reviews](#)

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