



Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing



Accredited
Service



At HA | Wisdom Wellbeing, we are proud to be the UK's only national EAP provider to be accredited by the BACP (British Association of Counsellors and Psychotherapy) and NCPS (National Counselling and Psychotherapy Society).

Welcome to October

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

Throughout October, we celebrate **World Mental Health Day, Black History Month, ADHD Awareness Month** and **National Work Life Week**. To better understand the topics of these awareness days and to maintain yours and your colleague's wellbeing, we have equipped you with in-depth articles, downloadable resources and more.

If you or someone in your organisation is struggling or showing signs of poor mental health, our Assistance Programme 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. Download 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 #30** of our original podcast series, **Sofia Feghali** speaks to **Brittany Chambers**, a Lead Counsellor, about the topics of disability and inclusion in the workplace and cultivating openness through inclusion.

Watch and listen to the podcast by clicking the link below.

Watch now

Wisdom Talks



In **Episode #08** of our original podcast series, **Amanda Chadwick** speaks to Lead Counsellor, **Brittany Chambers**, about the topic of supporting those with neurodiverse conditions in the workplace.

Watch and listen to the podcast by clicking the link below.

Watch now

Your monthly articles

How to Manage Stress and Boost Productivity at Work



Negative stress can be a huge hinderance on your productivity and output in the workplace. Find out how to manage this stress in our new blog post.

[Read more](#)

Success Tips for Adult ADHD

How to Practice Self-Care on a Budget



Many people believe self-care is an expensive practice. This isn't the case. Our new blog post runs through some helpful tips to practice self-care on a budget.

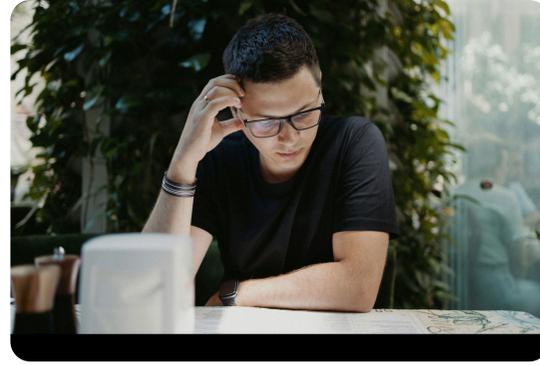
[Read more](#)

Sexuality and Mental Health



Managing ADHD can sometimes be difficult due to a variety of factors. Discover some handy tips to manage ADHD as an adult.

[Read more](#)



Identity can play a huge role in our mental health, and this includes our sexuality. Discover how it might impact mental health.

[Read more](#)

Peak Performance: The Impact of Mental Health in the Workplace Whitepaper

Discover how mental health has impacted the workplace in our latest whitepaper.



[Find out more](#)

Resources

Mental Health and Workplace Diversity are more closely connected than you might believe. It is impossible to create a culture of togetherness, support and openness without inclusivity and diversity. Without these elements, your wellbeing quickly falter. This month's resources, are catered towards what is needed to create a safe and inclusive working environment:

- Infographic - Supporting mental health for all employees
- Guide - Mental Health Diversity in the Workplace

[Download resources](#)

What our employees are loving this September

Meditation for positivity



Help settle your mind with one of our peaceful meditation sessions. Give the 'Meditation for Positivity' session a try on the Wisdom App.

[Download Wisdom](#)

Coming next month

We will be focusing on **Men's Health & Financial Wellbeing**, including an infographic, guide and more.

Follow us

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





Google Rating

4.8 ★★★★★

See all our reviews



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