



# 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

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*Please note: This newsletter includes information regarding suicide prevention. If you are struggling with thoughts or feelings of suicide, please contact us via [wisdom.healthassured.org](mailto:wisdom.healthassured.org)*

## Welcome to September

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing. This month, we're focusing on **Suicide prevention and stress management**.

September also observes **Sleeptember, Youth Mental Health Day and Happiness at Work Week**. We want to ensure you're well equipped with insightful articles and downloadable resources to support you and your fellow colleagues.

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.

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## 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 #29 of our original podcast series, **Sofia Feghali** talks to **Amy**

### Wisdom Talks



In Episode #05 of our original podcast series, **Amanda Chadwick** talks to

**Hyman**, a Wellbeing Counsellor about **Low Mood, Depression, and Seasonal Affective Disorder (SAD)**.

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

[Watch now](#)

**Wellbeing Counsellor, Sajid Iqbal** and discusses how to transform stress into a powerful tool for growth

Watch the podcast by clicking the link below.

[Watch now](#)

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## Your monthly articles

### How to deal with stress



Stress can wreak havoc on our mental health. Discover how to deal with stress and build resilience.

[Read more](#)

### How to talk about suicide



Talking about difficult feelings can be daunting. Discover how to safely speak to friends and loved ones about suicide.

[Read more](#)

### How to end depression stigma



Depression stigma is ever-present. Discover how to end the stigma in both personal and professional settings.

[Read more](#)

### Different types of anxiety disorders



Discover the several types of anxiety disorders, causes, the signs and how to get support.

[Read more](#)

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# 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](#)



HA | Wisdom Wellbeing are honoured to have received another accreditation for the expert level of support our counsellors deliver by The National Counselling and Psychotherapy Society (NCPS), one of the longest standing and most well-respected counselling and psychotherapy bodies in the UK.

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## Resources

Supporting colleagues in crisis is key to a healthy workforce, and knowing how to ensure their wellbeing is key. This month, our resources are catered towards supporting a safe place of work. Here, you can access:

- **Infographic: World Suicide Prevention Day: What you need to know**
- **Poster: Identifying warning signs of suicide**

[Download resources](#)

## What our employees are loving this September

### Sweet Potato and Chickpea Curry



Here is a tasty vegetarian alternative to a classic Indian recipe. The chickpeas will give a nice texture to this creamy curry. Serve with rice or naan bread (or both!).

[Download Wisdom](#)

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## Coming next month

We will be focusing on **Mental Health & Workplace Diversity**, including an infographic, posters and more.

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### Follow us

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





Read all the reviews



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