

Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing

Welcome to July

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing. In July, we're focusing on **Social Wellbeing & Work-Life Balance**.

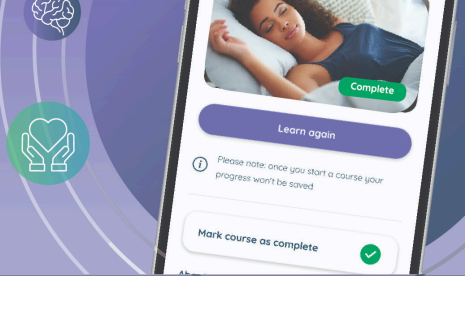
We're here to support your wellbeing needs 24/7, using the **Wisdom app**.

Whether it's for everyday concerns such as a healthy lifestyle, consistent wellbeing or it's a specific issue that requires expert support, download the app below to get the support you need.



Introducing Wisdom Academy

Easy mental health training at your fingertips.



Wisdom Academy, our new e-learning feature, offers short, clinically grounded modules that build mental health knowledge and resilience in an accessible, easy-to-use format.

Build your understanding and develop skills to recognise mental health challenges in your teams.

[Login to Wisdom](#)

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 discounts



Positive You Journal



Wisdom Academy

[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.



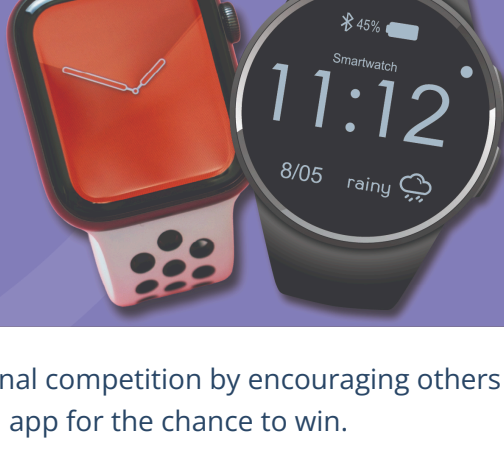
Win a free Smartwatch!

To enter, simply download the Wisdom app, and regularly interact with the app to be automatically entered into the prize draw.

You can do this by reading a few articles, listening to some breathing techniques or by finding some healthy recipes. By improving your wellbeing, you are in with a chance to win a free smartwatch!

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wellbeing

WIN a free Smartwatch



Add to the fun and make it a communal competition by encouraging others to download the Wisdom app for the chance to win.

The competition runs until 31st July 2026. The more you use the Wisdom app, the more chances you have to win! Download the Wisdom app and get started today.

[Download Wisdom](#)

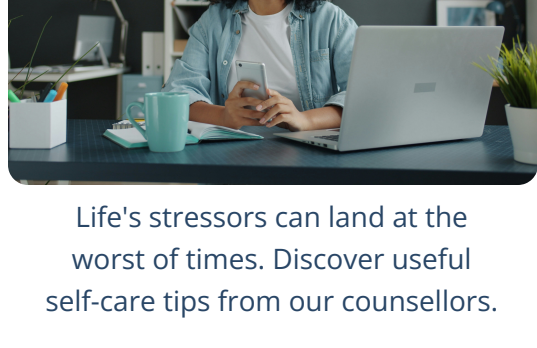
Podcast library

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](#)

Your monthly articles

Best self-care strategies for stressful times



Life's stressors can land at the worst of times. Discover useful self-care tips from our counsellors.

[Read more](#)

Self-care for guardians



Caring responsibilities can take their toll. Learn how to prioritise self-care while caring for children.

[Read more](#)

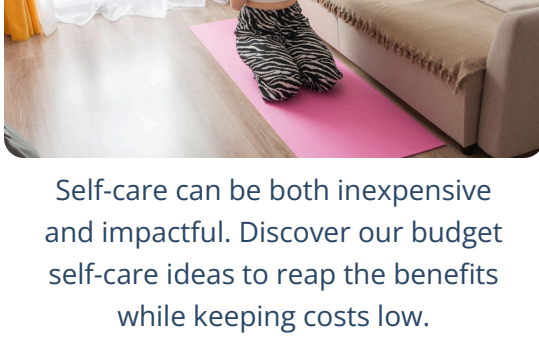
Summer mental wellbeing



Hot weather can affect energy levels. Learn how to take a balanced approach in the summer months.

[Read more](#)

How to practice self-care on a budget



Self-care can be both inexpensive and impactful. Discover our budget self-care ideas to reap the benefits while keeping costs low.

[Read more](#)

Coming next month

We will be sharing more content with on **Employee Engagement & Mental Health**.