

The latest news from HA | Wisdom Wellbeing

Welcome to September

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing, exclusively through the **Wisdom app**. This month, we're focusing on **Suicide Prevention & Stress Management**.

Open the Wisdom app to access this month's articles, resources and wellbeing support. Available 24/7, the app provides everything from everyday wellbeing tools and healthy lifestyle guidance to expert support for more complex personal or professional challenges.

Whatever your wellbeing needs, Wisdom is here to help.

[Open Wisdom](#)

Wisdom Academy Spotlight

**Healthy
Communication**

[View course](#)

**Pressure and Resilience in
Finance**

[View course](#)

**Mental Health
Awareness**

[View course](#)

**Mental Health
at Work**

[View course](#)

Your monthly articles

**How to cope with
bereavement by suicide**



Understand grief after suicide and discover support options for coping with loss.

[Read more](#)

**How to talk about suicide with
your loved ones**



Practical guidance for opening up about suicidal thoughts and seeking trusted support.

[Read more](#)

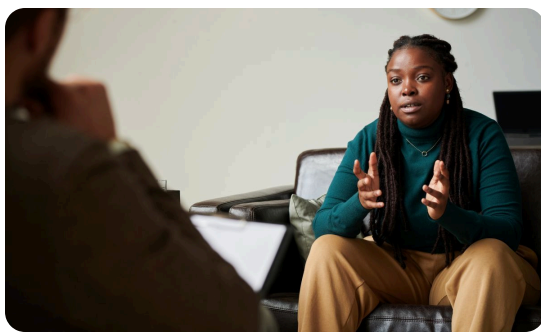
**What is Cognitive Behavioural
Therapy (CBT)?**



Explore how CBT challenges thoughts, behaviours and common mental health difficulties.

[Read more](#)

**What is people-pleasing and how
to recover from it**



Learn to set healthy boundaries, prioritise your needs and break people-pleasing habits.

[Read more](#)

Coming next month

We will be sharing more content on **Mental Health & Workplace Diversity**.

Follow us

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

