

Health and Wellbeing Monthly

The latest news from Health Assured



The Mental Health Hour



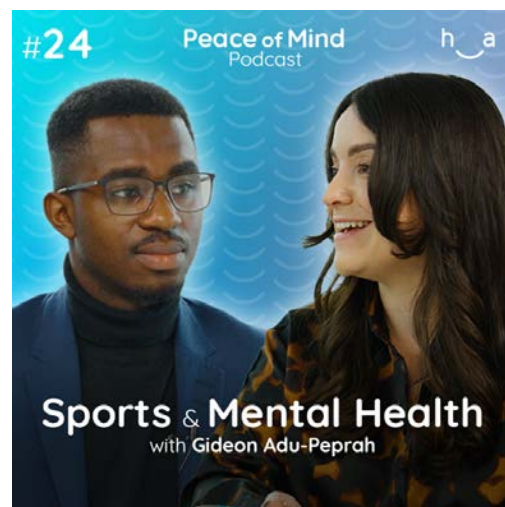
The **Mental Health Hour** answers your questions on a range of mental health topics live on our Instagram page. We have a qualified counsellor on hand to discuss June's topic:

Caring for someone with Alzheimer's. Make sure to send in your questions in to [@healthassured_](#) on **Thursday 6th June**.

Click the link below to download May's Q&A: **Meditate for Mental Health**

[Mental Health Hour](#)

Peace of Mind Podcast



In Episode **#24** of our original podcast series, **Kayleigh Frost** talks to **Gideon Adu Peprah**, a Specialist Support Coordinator about sports and mental health. Gideon's experience at Manchester City's Youth Academy brings a unique insight into the wider conversation around football and mental wellbeing.

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

[Peace of Mind](#)



Playlist of the Month by Health Assured

Pride

Celebrate Pride month in style with a collection of iconic and empowering songs that will get you feeling good and in the mood to embrace all things LGBTQ+

[Health Assured Spotify](#)



Bite-sized Learning

Fatherhood and Mental Health

In this month's webinar, our Wellbeing Counsellor Kristian Parsons takes us through what it means to be a father and the impact it can have on men's mental health.

For viewers who require subtitles, please click the settings icon.

[Watch Now](#)

Your latest health and wellbeing articles

Celebrating Pride Month in the workplace



Pride is an opportunity to promote inclusivity, acceptance, diversity and equality and a time to reflect on the journey of the LGBTQ+ community.

[Read more](#)

Building your emotional resilience



By building emotional resilience, we are better prepared to handle adversity calmly and successfully, without risking our mental health.

[Read more](#)

Sleep advice for shift and night workers

People who work shifts are generally at higher risk of affecting their circadian rhythm and developing sleep challenges. How can you counteract this?

[Read more](#)

International Day against Homophobia & Transphobia

The theme for International Day against Homophobia, Transphobia and Biphobia (IDAHOBIT) 2024 is 'No one left behind: equality, freedom and justice for all'.

[Read more](#)

Prefer to print off these articles?

[Download](#)

*PDF viewer is required to open this file. Adobe Reader can be downloaded [here](#).

Awareness Days in June

Month	Pride month	17 th - 23 rd	Loneliness Awareness Week
Month	International Men's Health Month	17 th - 23 rd	Learning Disability Week
Month	National Age Without Apology Month	24 th - 30 th	Deafblind Awareness Week
		2 nd	Cancer Survivors Day
5 th - 11 th	National Growing for Wellbeing Week	5 th	World Environmental Day
		7 th	Tourette's Awareness Day
8 th - 14 th	Aromatherapy Awareness Week	14 th	National School Business Leaders Day
10 th - 16 th	Carers Week	16 th	Father's Day
10 th - 16 th	Men's Mental Health Week	18 th	Autistic Pride Day
12 th - 18	Men's Health Week		

Follow us

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



[Read all the reviews](#)

© 2024 Health Assured. All rights reserved.

This email was sent by Health Assured, Registered in England and Wales No. 06314620. Registered Address: The Peninsula, Victoria Place, Manchester M4 4FB, UK

[Privacy Policy](#)