health assured

Health and Wellbeing Monthly

The latest news from Health Assured

The Mental Health Hour



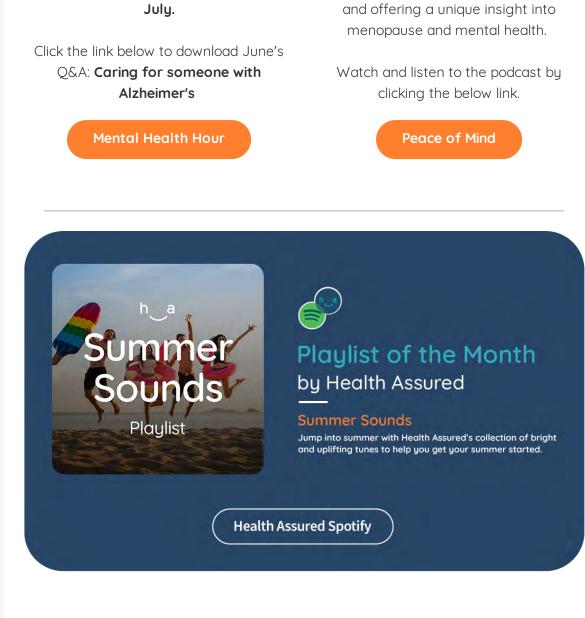
The **Mental Health Hour** answers your questions on a range of mental health topics live on our Instagram page. We have a qualified counsellor on hand to discuss July's topic: **Panic Attacks**

Make sure to send in your questions in to **@healthassured_** on **Thursday 4th**

Peace of Mind Podcast



In Episode **#25** of our original podcast series, **Kayleigh Frost** talks to **Emma Neville**, a menopause coach and person-centred counsellor, about menopause. Emma's dives into everything menopause, touching on her professional and personal experiences



Bite-sized Learning

Samaritans

In this month's webinar, our Wellbeing Counsellor Sofia Feghali will explain everything about the Samaritans, such as who they are, how they support people, and how we can support them.

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





Your latest health and wellbeing articles

Domestic Abuse and the Euros 2024



Domestic abuse is a growing problem within the UK and whilst these large-scale football events don't directly cause domestic violence, they do increase offenses.

How to talk to your children about mental health?



Childhood is incredibly important for mental health growth and talking to children about mental health can be tricky, but it doesn't have to be.



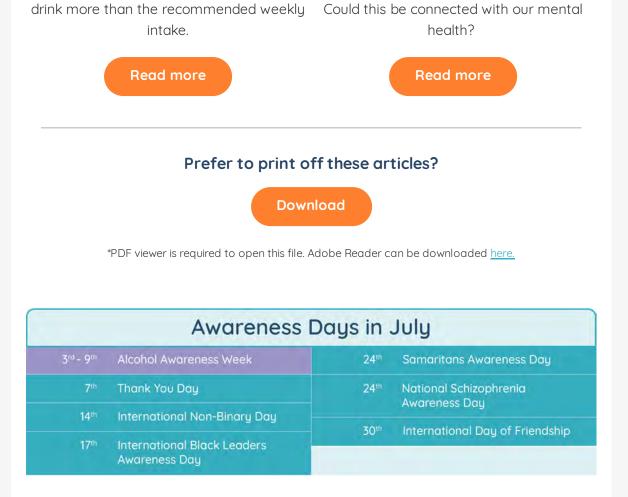
Read more

Beating Alcohol Dependence

Alcohol dependence is a growing problem within the UK, with 1 in 5 adults regularly

Sudden Episodes of Fatigue

Feeling fatigued and experiencing low energy is a common reality for many.



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