

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

July.

Click the link below to download June's


Q&A: **Caring for someone with
Alzheimer's**

[Mental Health Hour](#)


and offering a unique insight into
menopause and mental health.

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

[Peace of Mind](#)



The banner features a photograph of people jumping on a beach with a rainbow beach ball. The Health Assured logo (h_a) is positioned above the text. The text reads "Summer Sounds Playlist".



The logo consists of the Spotify logo (three green curved lines) and the Health Assured logo (h_a in a circle).

Playlist of the Month by Health Assured

Summer Sounds

Jump into summer with Health Assured's collection of bright and uplifting tunes to help you get your summer started.

[Health Assured Spotify](#)

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.



Watch Now

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.

[Read more](#)

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.

drink more than the recommended weekly intake. Could this be connected with our mental health?

[Read more](#)

[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 July

3 rd - 9 th	Alcohol Awareness Week	24 th	Samaritans Awareness Day
7 th	Thank You Day	24 th	National Schizophrenia Awareness Day
14 th	International Non-Binary Day	30 th	International Day of Friendship
17 th	International Black Leaders Awareness Day		

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





Read all the reviews

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