

well@work Bulletin October 2019

Welcome to the latest edition of the **Well@Work** Bulletin. As our network is growing you have asked us to keep you updated on the topics we have, or will be covering at future events. Regrettably, and due to reasons that have only come late to our attention, we had to take the decision to cancel the Well@Work event scheduled for Monday 7th October. Please accept our apologies if this has caused you any inconvenience.

As promised we have put together the latest bulletin containing the key messages that would have been part of the October Well@Work event.



The Every Mind Matters national mental health campaign launched this week.

We don't need to wait until we are struggling with our mental health; 'Every Mind Matters' encourages adults to be more aware of their mental health and help them discover simple steps to look after their mental health and wellbeing.

The campaign provides useful resources to help you spot the signs of common mental health concerns, offering practical self-care tips and guidance, and explains when to seek further support.

There is a free NHS-approved online tool on the Every Mind Matters website, which helps you build an action plan to deal with stress and anxiety, boost your mood, improve your sleep and help you feel more in control. To learn more about how to look after your mental health and create your own action plan, visit: <https://www.nhs.uk/oneyou/every-mind-matters/>

View local resources: The [Lancashire County Council website](#) now includes the Every Mind Matters campaign and details the local resources available to you and your employees and managers.

Sign the concordat: Within the Every Mind Matters Brand Guidelines for Partners is an ask - To join a growing movement of organisations committed to taking action to prevent mental health problems search [Prevention Concordat For Better Mental Health For All](#)

Let's get as many organisations as possible from our Well@Work network onto this concordat. We want to hear from you how this can be embedded into your workplace to support your employees. You can tell us your plans by e-mailing Supportingme@lancashire.gov.uk

Keeping up to Date with all the Well@work news is easy, you can [view our web page](#)

Additional Campaigns Information

National Back Awareness Week 2nd – 8th October - This year's theme is back pain in education

World Mental Health Day 10th October

This year's theme set by the World Federation for Mental Health is suicide prevention.



World Mental Health Day is taking place on 10 October to help raise public awareness about mental health issues.

World Mental Health Day is a great opportunity to start the conversation on mental health in your workplace. We want people to 'Ask Twice' if they suspect a friend, family member, or colleague might be struggling with their mental health. The simple act of asking again, with interest, can help someone to open up for the first time. View the Time To Change advice on How to support a colleague or friend and start the

conversation.

National Stress Awareness Day 6th November



Mind are asking you to Create a Stress Awareness Space at your workplace

For us to maintain our wellbeing, noticing what's making us stressed helps us learn how we can deal with it. This is particularly important in the workplace where stresses of workload and working relationships are common.

Mind are asking employers to start the conversation about stress in the workplace. By creating a **Stress Awareness Space**, staff can share their thoughts and feelings when they are feeling stressed.

Talk Money Week 18th – 22nd November

Talk Money Week (formerly Financial Capability Week) is the annual celebration of the work thousands of organisations are doing to improve money management across the UK.

For information on Debt, Money Management and where to go for help, LCC have put together a pocket size hand out for staff. Let us know if you would like a copy to share with your staff and we will share the template with you. E-mail us at Supportingme@lancashire.gov.uk and include in the subject heading **Financial wellbeing template**.

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Enabling our workforce to Feel Well - Work Well - Live Well