



World Mental Health Day 10th October

Alan Denne our Mental Health Subject Matter Expert , tells us why now more than ever, we need to be aware of our own mental health and that of the people around us. In the same sense that we can work towards being physically healthy, there is a lot we can do to improve our mental health too. Some of those methods, like exercise and being aware of what we eat and drink, will benefit us mentally as well as physically. We are committed to providing you with the best resources to do this. For example, our Mental Health Self-Awareness sessions will introduce you to a variety of methods and techniques for you to explore and find the best fit for you.

Studies have shown that at least a quarter of us will have a mental health issue over the period of each year with 1 in 6 workers experiencing depression, anxiety or problems relating to stress at any one time. Yet, it is still a subject we don't talk openly about enough. We are proud to be supporting Virgin Care in their aim to raise awareness of the impact of mental health issues, highlighting options and resources, trying to reduce stigma and encourage positive conversations through our Virtual sessions aimed at managers and staff.

Please see visit our [course directory](#) to find and book a course