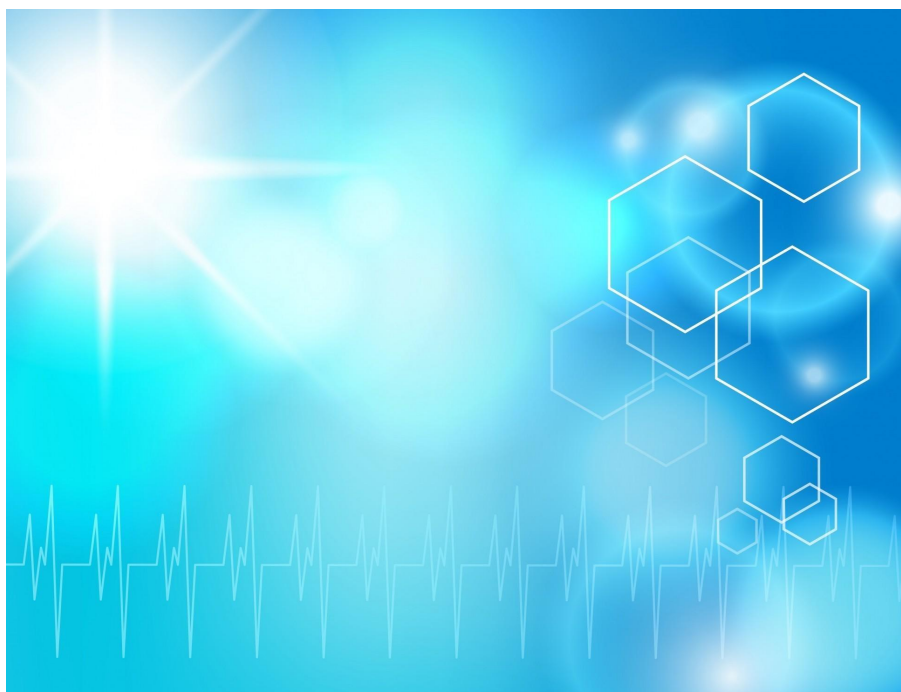


Health & Wellbeing Briefing 2025

July



Employees with differing visual requirements may wish to use Accessibility View to access this briefing. Click on the three dots on the top right of this document and select Accessibility View from the list of options.

There are a range of different sources of support included in this briefing, but, if you are finding things difficult at the moment you may wish to raise any of the topics covered, or any other issue, with your manager at your next one-to-one meeting.

In this edition:

- Quote of the Month
- Samaritans - Awareness Day 24/7
- Alcohol Awareness 7-13 July
- International Self Care Day 24 July
- International Day of Friendship 30 July 2025
- Wellbeing Support
- Learning and personal development
- Able-Futures - Access to Mental Health at Work Support

- Previous Wellbeing Briefings
- Other Reads

Quote of the month



Samaritans Awareness Day 24/7



The Samaritans Awareness Day is on 24 July (24/7) and throughout July will be running their annual awareness campaign to let people know they can talk to someone, day or night 24/7, 365 days a year.

If you are having a difficult time, or are worried about someone else, you can call them for free on 116 123 or visit [Samaritans](https://www.samaritans.org) to find your nearest branch.

[Samaritans - how we can help in the workplace](#) offers a range of free online learning programme which brings Samaritan's listening and wellbeing expertise into the workplace. The free [Wellbeing in the Workplace toolkit](#) - focuses on developing active listening skills and identifying the signs of colleagues, friends and family members that may be struggling and to help staff look after their own wellbeing.

Volunteering for Samaritans can be a rewarding experience. There are lots of ways you can volunteer, it all depends on what skills you have and how much time you've got to give. To find out more go to [volunteering](#)

Please also remember that the [Employer Supported Volunteering Policy](#) gives you the opportunity for additional time to volunteer which you discuss with your Manager in the first instance.

Alcohol Awareness



This year's Alcohol Awareness Week (7-13 July 2025) theme is "alcohol and work", hosted by [Alcohol Change UK](#).

Alcohol can harm our health and wellbeing and affects us in many ways, from headaches, hangovers and sleepless nights to lower productivity and symptoms of anxiety and depression.

Increasing your intake of alcohol can impact not only your work but in your personal life too; lack of motivation, increased irritability, making more mistakes or unable to complete tasks.

[Alcohol Change UK](#) have provided helpful tips and advice on the relationship between alcohol and work to help us understand it better, to be able to improve our health, productivity and happiness.

If you are concerned about the use of alcohol, support is available through the [NHS](#), who provide support and advice for reducing the amount of alcohol you drink; or

The Council's [Employment Information](#) pages and [Your Care](#) Employee Assistance Programme (EAP) which is available 24/7 by calling free on 0800 0023 9324

We can all take small steps to make a change, and with improved support and prevention, we can save money and save lives.

International Self Care Day



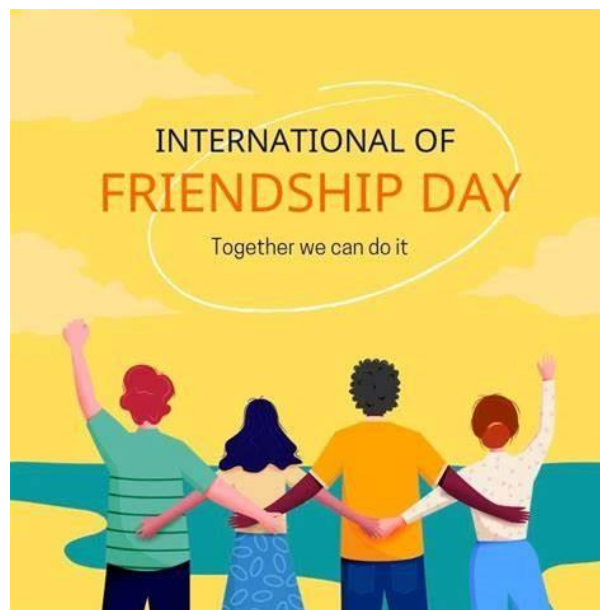
Held on 24 July each year, International Self Care Day serves as a reminder to take time for yourself. Self-care is not just for one day so schedule time to focus on your needs and to make self-care part of your everyday routine.

Here are some self-care tips you may find helpful:

- Sleep - Aim to get at least 7-9 hours restful sleep each night
- Hydration - Drink plenty water during the day to keep yourself hydrated
- Eat Nutritious Food - Eat a balanced diet with fruit, vegetable, whole grains and lean proteins
- Physical Activity - Regular exercise will help to reduce stress and improve your mood
- Connect - Maintain social connections by spending time with loved ones
- Hobbies - take care in something you enjoy, e.g. reading, gardening, painting or baking

Self-care is different for all of us, so whether you spend time in the outdoors, with your pet or curled up with a good book, taking time to care for yourself will go a long way towards improving your mental health.

International Day of Friendship



Friendship day celebrated on 30 July 2025 is the perfect day to reach out to friends old and new.

Whether planning something special or just expressing your appreciation, here a few ideas to help celebrate:

- Arrange to go on a walk, which might include stopping for coffee or lunch
- Organise a small party or picnic with your closest friends
- Exchange small meaningful gifts or handmade crafts
- If friends are far away, reach out, plan a video call to share a movie

Spending time with someone who is important to you can lift your spirit and bring joy, support and laughter into your life.

Wellbeing Support



Whatever mental, physical, financial or personal issue you may be experiencing please seek help.

There is a range of support available for you:

Your Care – Employee Assistance Programme (EAP)

[In the moment support](#)

A type of counselling or support that is provided in real-time at the very moment you are experiencing a particular issue. Need to talk? Call 0800 023 9324, 24/7, 365 days a year.

Counselling

This can be accessed in different ways:

- Following an in the moment call you may be advised that further support is recommended.
- You may decide to contact the EAP directly yourself using 0800 023 9324.
- Your manager can refer you to the EAP.

The EAP provides you with an initial telephone assessment and triage process. If you require access to telephone counselling you will be booked in for a telephone assessment with a counsellor. Up to 6 x 30-minute appointments are available for a specific issue.

You can speak in confidence to fully qualified counsellors and support specialists to discuss any emotional, personal or work-related issues.

Please note: this service is confidential and your manager will not receive any feedback from the service provided – even if they have referred you.

Other sources of support

Our [wellbeing page](#) includes a variety of resources to support you with your mental wellbeing, including [Access to Work Mental Health Support Service](#), funded by Department of Work and Pensions (DWP) for longer term support. (Please note: this is not a counselling service but a support service to help you remain at work.)

Learning and Personal Development



There are a variety of Wellbeing courses being run during June. To find out more and sign up click [here](#).

Access to Mental Health at Work Support



Your health and wellbeing at work is our highest priority. The Access to Work Mental Health Support Service can provide a mental health professional to talk to and tailored support plan for a period of up to 9 months if you are experiencing mental health difficulties and meet their eligibility criteria

If you are experiencing issues such as anxiety, depression, grief, or stress, or are struggling with problems such as debt, disrupted sleep or relationship breakdowns that may be

affecting your mental health, you can contact Able Futures on **0800 321 3137** to find out if you are eligible to participate or visit <https://able-futures.co.uk/mental-health-support>

Previous Health & Wellbeing Briefings

Have you missed previous briefings? You can view them on the website on the [Wellbeing Support page](#)

Other Reads

[Compass Magazine Spring 2025](#)