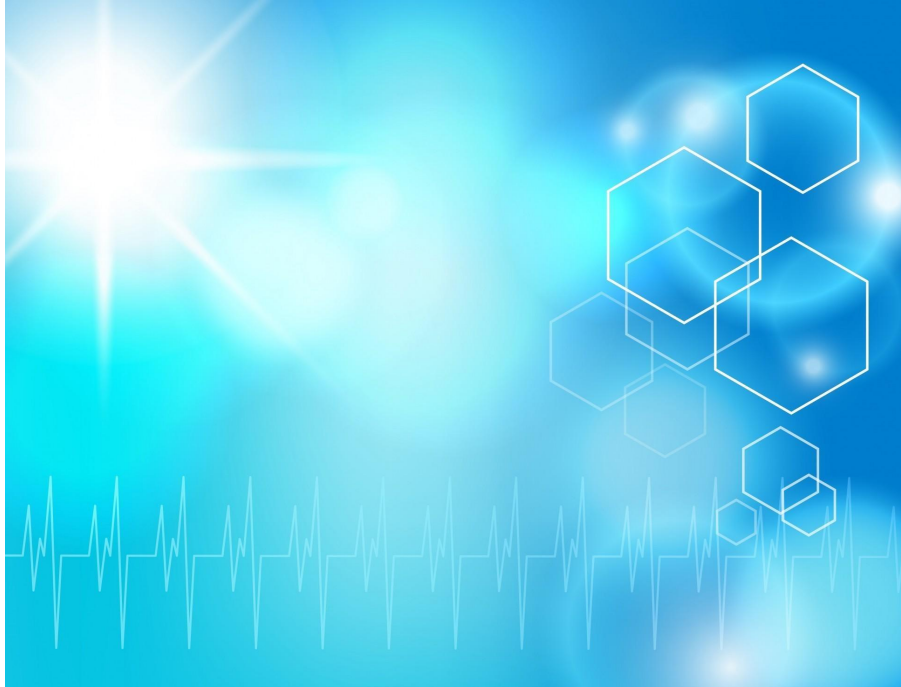


# Health & Wellbeing Briefing

## September 2025



**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:**

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### Quote of the month



### World Suicide Prevention Day



World Suicide Prevention Day on 10 September 2025, an awareness day to provide support and action to prevent suicides.

[World Suicide Prevention Day | Campaigns | Samaritans](#) "Suicide is not inevitable. You can interrupt someone's suicidal thoughts. You can save a life". The link above provides support on how to interrupt someone's suicidal thoughts and how to support yourself if you're struggling with suicidal thoughts.

Let's Talk About - Men and Suicide on 1 September 2025 - an event to encourage men to have a discussion and open up about men's health and suicide prevention.

Follow the link to book your place - [Let's talk about... men and suicide Tickets, Mon 1 Sep 2025 at 18:00 | Eventbrite](#)

## Know Your Numbers! Week



Know Your Numbers! Week takes place from 8 - 14 September 2025, the UK's biggest blood pressure testing and awareness week to prevent heart attacks and strokes.

The 2025 theme: Looking for the Missing Millions - "right now - 5 million adults aged 18-64 may have undiagnosed high blood pressure - increasing their risk of heart attack, stroke and kidney disease. Many don't even know it". "Known as the "silent killer" high blood pressure has no symptoms but it's the leading preventable cause of death in the UK". Don't delay - if you have any doubts contact your GP today for a blood pressure check or invest in a home kit.

More information can be found at: [Blood Pressure UK](#) [Check your blood pressure reading - NHS](#)

## Gynaecological Cancer Awareness Month



Gynaecological Cancer Awareness Month is observed every September to raise awareness about the signs, symptoms, and prevention of the five main types of gynecological cancers: cervical, ovarian, uterine, vaginal, and vulval cancers. The month encourages everyone to be informed, pay attention to their body's changes, and seek medical advice for any unusual symptoms to improve early detection and treatment.

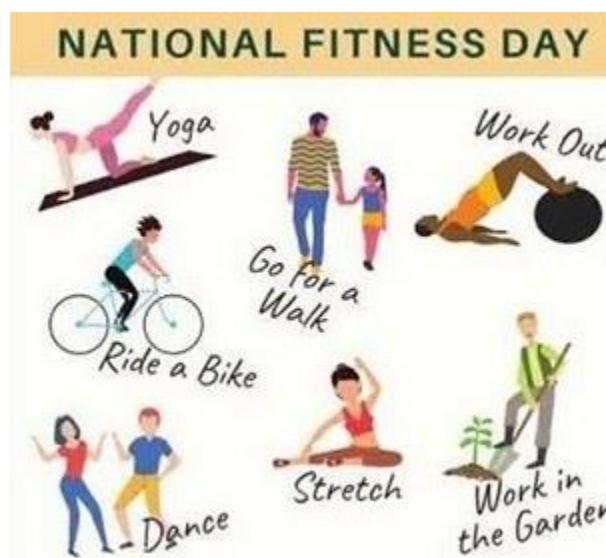
## National Foodbank Day



National Foodbank Day is observed on the first Friday of September. Hunger is a continuing problem and this day acts as a reminder that no one should be going to bed hungry.

To help you could give to your local food bank by donating money, your time or food. To find your nearest foodbank or community larder click [here](#).

## Active Wellbeing Autumn - European Adventure! / National Fitness Day



Are you up for a challenge in September? The Active Wellbeing Autumn - European Adventure! is aimed at civil service and local government employees. Sign up before the 11 September, to run, walk, cycle and swim across Europe during 15 to 30 September 2025 for more information follow the link [Challenge – Active Wellbeing 2025](#)

The National Fitness Day 24 September 2025, "Powered by you!" encouraging people of all ages to engage in physical activity and celebrate importance of fitness in their lives.

The YourCare platform has an extensive range of video clips and support to assist you with making the right choices around physical activity. Login in or register [here](#) for more information.

Also visit the [Physical Wellbeing page](#) for information to support you with exercise, healthy eating and sleeping.

## 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 September. To find out more and sign up click [here](#).

PKC Learn Upgrade - our updated eLearning platform is now live and available on all devices. You'll have access to 7 mandatory training modules, and other resources will be available for self-enrolment.

Find out more [PKC Learn upgrade - what you need to know](#)

## 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](#), where you will also find the latest addition of the Compass Magazine, published by People Asset Management.