

ISSUE 07

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10th October is World Mental Health Day!



This World Mental Health Day, the World Health Organisation's focus is on mental health at work. Safe, healthy working environments can act as a protective factor for mental health. Some of the key messages the WHO is prioritising are:

- Mental health and work are closely linked
- Stigma creates barriers to employment
- Government action and collaboration are essential
- Workers face risks to mental health

2 million people are currently stuck on waiting lists for NHS mental health services, and mental health stigma is still a significant issue. To learn more about World Mental Health Day, Mind's priorities and what support is available, follow this link: <https://www.mind.org.uk/get-involved/world-mental-health-day/>

Can you help?

If you can and would like to donate, please scan the QR Code or follow this link: <https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

Thank you!



11th October is National Coming Out Day!

National Coming Out Day 2024 is a day of celebration and empowerment for LGBTQIA+ individuals and their allies. It encourages people to embrace their true selves and live openly, free from fear and discrimination.



Being LGBTQIA+ isn't a mental health problem. And it doesn't cause mental health problems.

But those of us who are LGBTQIA+ often face difficult experiences, like discrimination and stigma. These experiences can affect our mental health.

To learn more about LGBTQIA+ mental health and support options, follow this link: <https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/>

Introducing our staff

Kelly Havelot – Tenancy Counsellor & Wellbeing Practitioner

Kelly is one of our wellbeing practitioners and tenancy counsellors delivering therapeutic intervention; offering support to those who want to achieve change by engaging in activities and talking therapies.

Kelly is pleased to help people improve their wellbeing, which can result in better confidence, self-esteem and, most importantly, happiness!

