



As part of **World Mental Health Day** on Sunday 10th October we have sourced a number of **free PDF 'How to' booklets** on a range of common areas that **most of us** experience difficulty in from time to time.

These **free guides** are available to read and download in the **'Wellbeing'** section of your colleague portal **CorpsConnect**.

- How to look after your mental health
- How to support mental health at work
- How to manage and reduce stress
- How to overcome fear and anxiety
- How to sleep better
- How to look after your mental health later in life
- How to look after your mental health using exercise
- How to look after your mental health using mindfulness

Supplied via:  
<https://www.mentalhealth.org.uk/>



All colleagues also have access to a free and confidential resource hub via our Employee Assistance Program offering signposting, advice, and counselling via <https://www.employeeassistance.org.uk/> (log in 'corps')

A very useful resource for pandemic related anxiety is a short and free course provided by the Red Cross – here <https://www.redcrossfirstaidtraining.co.uk/mental-health-and-coronavirus-online-training-course>

