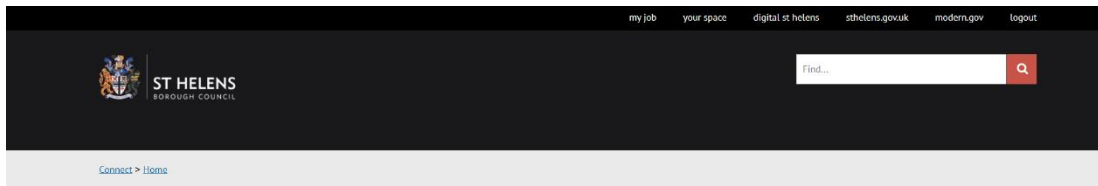


Health & Well-being Hub

Screen Shots from the St Helens Intranet



- Home
- News & Communications
- Book a Space
- Organisational Information
- Learning & Development
- Working together @ St Helens
- Health & Wellbeing**
- Staff Networks
- Employee Discounts & Offers
- Socialising at Work
- Your Space
- My Job
- All About Us
- Digital St Helens

Health & Wellbeing

Need support with health and wellbeing?

It's so important that we make time for self-care and check in with ourselves and others. Here you will find information about self-help, useful links, socialising, exercising and more.



Mental Health

Information and advice about Workplace Mental Health and guidance for managers



Self-help guides

Useful self-help information for stress, anxiety, sleep and crisis management



Loneliness

Information about what causes loneliness and tips to manage it

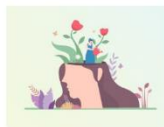


Health & Safety

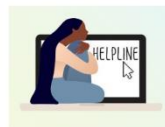
Here you will find the Council's Health and Policies and Procedures



Helplines



Mental Health First Aid



Help with other problems



Physical Health & Fitness

Helplines

A list of useful numbers you can store onto your phone for when you need to talk.

Mental Health First Aid

Your Mental Health First Aid Champions are here to support you. Find out all about the scheme, who to contact and how to become one.

Help with other problems

Here you will find some links and information about local support services for issues such as Domestic Abuse, Drugs and Alcohol misuse and Debt management.

Physical Health & Fitness

Here you will find information about ways you can exercise in work, such as the Cycle to Work scheme, virtual classes and more



Useful Links

Here you will find links to national and local campaigns and initiatives to help support mental health and wellbeing.



Helping Others

Evidence shows that helping others can also benefit our own mental health and wellbeing. Find out how you can help others.



Take a breather

Here will find a few ways you can inject mindful moments into your day so you can de-stress



Learning and Development

Learning new skills can boost confidence and raise self-esteem.



St Helens Wellbeing Training Offer

FREE online training sessions for Basic Mental Health, Suicide Prevention & Stress Management



OK2ASK Suicide Prevention Campaign

There's no easy way to ask, 'are you thinking about suicide?' But it's one of the most important questions you can ask someone who is feeling suicidal. Learn about the warnings signs, how to ask the question and where to go for help.



Health & Wellbeing Toolkit for Managers

A Ways of Working Guide to supporting the wellbeing of your team.



Boost Your Immunity this Winter

Find out about the Flu and Covid Vaccine.