**Women’s mental health**

8th March is International Women’s Day. This month, we’re focussing on supporting women’s mental health through major life transitions and challenges.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article** on coping with infertility  **Featured article** on showing support for a loved one who is struggling with infertility  **Tips** for nurturing the mental health of women  **Interactive guidance** on postpartum depression and anxiety signs and symptoms  **Member training course ‘**Menopause and Mental Health’  **Manager training resources, including the podcast ‘**Leaders Supporting Women’s Mental Health in the Workplace**’** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – discover up-to-date content that focuses on a new topic every month |
|  | **More resources** – get access to additional resources and self-help tools |
|  | **Content Library** – ongoing access to your favourite content |
|  | **Support for everyone** – share toolkits with those who you think might find the information helpful |