**Women’s mental health**

The 8th of March is International Women’s Day. This month, we explore meaningful ways to support women’s mental health and wellbeing, and empower the women in your life and around the world.

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| **In this month’s engagement toolkit, you’ll find:****Featured articles** on:* Empowering women in your life
* Raising awareness of women’s mental health around the world
* Accelerating action: The history of International Women’s Day
* How perimenopause can affect your mental health
* Experiencing and coping with eating disorders in midlife

**Interactive worksheet** for appreciating your own value**Podcast** from the ‘Until It’s Fixed’ series on ‘Figuring out Fertility**’** **Member training** **course** ‘Menopause and mental health’**Manager training** **resources**, including ‘How leaders can empower women in the workplace’ |

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

**What to expect each month:**

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|  | **Latest topics** – connect with 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 you think may find the information meaningful. |