**Mental health awareness**

This month’s toolkit is about turning mental health awareness into action. Explore resources, strategies and steps that you can take to manage feelings, thoughts and behaviours, and improve your overall wellbeing.

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| **In this month’s engagement toolkit, you’ll find:**  A **featured article** on how to take action to support your mental health.  A **worksheet** to help you outline and achieve your goals step by step.  A **worksheet** to guide you through identifying and setting healthy boundaries.  A **quick guide** for building mindful living practices into your day.  **Conversation cards** to help foster children feel welcome.  The **podcast** ‘Why We Do Therapy’ with tips for finding the right therapist for you.  The **member training course** ‘Mindfulness’.  **Manager training resources**, including How to lead through crisis & workplace disruption. |

[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 you think might find the information helpful. |