**Parenting and Caregiving**

The 10th of October is World Mental Health Day. This month, we provide resources to support parents and caregivers in doing their best to raise and protect the next generation, while looking after their own wellbeing.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article** on championing World Mental Health Day.  **Featured article** for men on being the kind of father you hope to be.  **Featured article** on bullying and how to prevent it.  **Tips** for helping youth navigate social media and online spaces safely.  **Quick tips** for combating loneliness and isolation.  **Interactive worksheet** for nurturing your self-worth and practising self-care.  A **link** for members to access their benefits portal easily.  **Member training** **course** “Supporting mental health concerns in the workplace”.  **Manager training** **resources,** including the podcast “Bullying at work: Leaders supporting the mentally healthy 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 meaningful. |