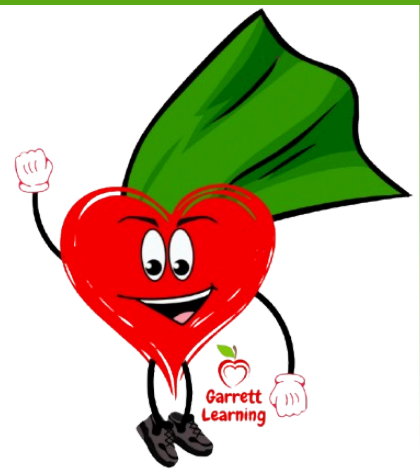


Workplace Wellbeing Champion. Toolkit.

September 2025



Thank you Rhi, Sam and Natasha for joining us live today and hi to the other wonderful champions who listen back to the recording.

We spoke about Employee Wellbeing and all provided some fantastic tips and ideas. Here's a summary:

What are the different ways to say 'How are you?'

1. How are you doing?
2. How have you been?
3. How are you today?
4. I've noticed you haven't been yourself, is there anything on your mind that you'd like to talk about with me?
5. What's been going on for you?
6. I know you've been going through a tough time (insert context if you know), how are you coping?
7. How have you been feeling lately?
8. Can you tell me more about what's been on your mind?
9. Have you noticed any changes in your mood recently?
10. Can we talk about what you're feeling?

How to raise awareness of being a MHFAider:

Take a look at the MHFA England resource blog '[Being a MHFAider](#)' to help you explain what your role is as a MHFAider_& download the PDF of The Role of a Mental Health First Aider.

Use:

- Lanyards
- Posters
- Digital badge on email signature
- Approaching people: "I'm trained in Mental Health First Aid and I'm here to support you if you want to talk" or say, "I'm here to listen" or "Let's talk about what you're going through" to encourage an open conversation about mental health.

Reminding ourselves that our own self-care is so important

Upcoming Mental Health and Wellbeing Days:

Use these upcoming days to raise awareness within your community, share stories and inspire others:

10th September: World Suicide Prevention Day

The World Suicide Prevention Day was established by the International Association for Suicide Prevention and sponsored by the World Health Organisation, to raise awareness around the globe that suicide can be prevented. The World Health Organisation reports that one person every 40 seconds will take their life.

- Access the Mates in Mind resource pack and poster: <https://www.matesinmind.org/training-and-resources/world-suicide-prevention-day-2025>
- Listen and share Rebekah's story: <https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>
- Information from Mind on how to support someone who is feeling suicidal: <https://www.mind.org.uk/information-support/suicidal-thoughts-and-suicide-prevention/helping-someone-else/>

Stoptober: Originally created to encourage people to stop smoking for the month of October. However it is also used for Stay Sober for October

Men's Mental Health Awareness Month & Movember

3 - 7th: International Stress Awareness Week

5th: National Stress Awareness Day

5th: Bonfire night

10-14th: Anti-Bullying Week

11th Armistice Day/ Remembrance Sunday

Dates for your diary

Upcoming training dates- Save 10% off for listed prices for being a Workplace Wellbeing Champions:

MHFA England Refresher. £150pp on Zoom. Tuesday 7th October - 09:30-13:30

MHFA England Mental Health First Aid (MHFAider). £325pp on Zoom. Wednesday 22nd & Thursday 23rd October 09:30-16:30

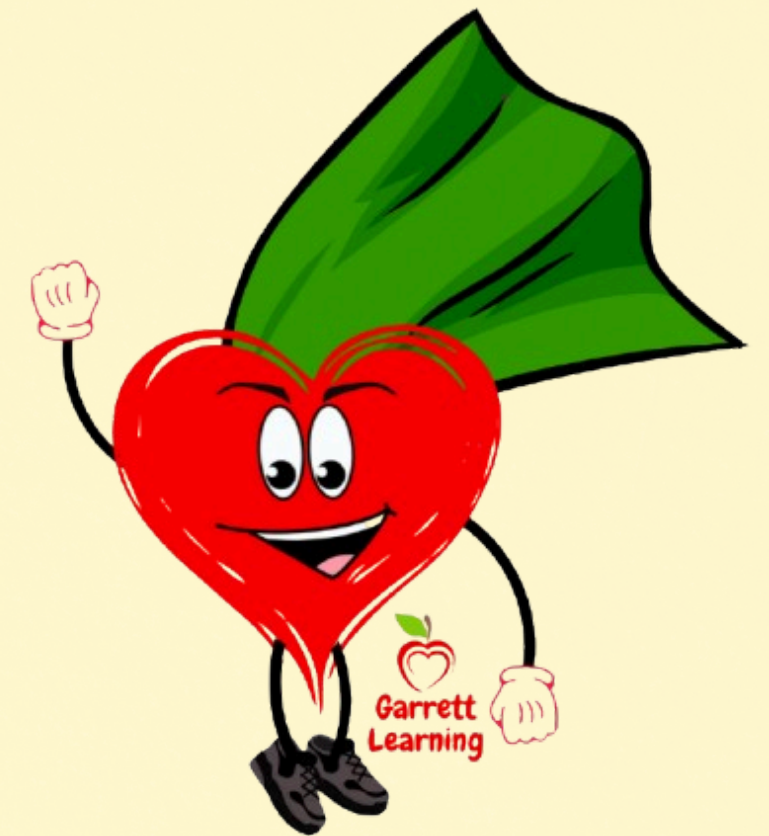
MHFA England Refresher. £150pp on Zoom. Tuesday 28th October 09:30-13:30

MHFA England Refresher. £150pp on Zoom. Thursday 6th November 13:30-17:30

The Work and Wellbeing Three-Day 'Ultimate' Retreat. Studley Castle, Warwickshire. Wednesday 25th to Friday 27th February 2026. £875

Monthly Workplace Wellbeing Champion sessions: Second Monday* of the month, 13:00-13:50 GMT

Date:	Theme / guest speaker:
Oct 6th	<u>Shirley Lane</u> - Balancing Butterflies, Menopause
Nov 10th	Champion Supporter Chat
Dec 8th	<u>Helen Cochrane</u> - Looking after your body and a guided meditation
Jan 12th	<u>Sarah Snape</u> - Confidently setting you up for the year
Feb 9th	<u>Anita Arscott-Brooks</u> - The Art of Bouncing Back
March 9th	Champion Supporter Chat
April 13th	<u>Claire Elston</u> - Neurodiversity in the workplace



What guests would you like to hear from? Let us know!

Can't make the live session? Please submit your question for our subject matter expert to wendy@garrettlearning.co.uk



Your questions answered

Do you have a question to ask? Request a topic/speaker? Please drop an email to wendy@garrettlearning.co.uk.

We value your feedback.

QR code not scanning? Please follow this [link](#). Thank you for your time. See you next month, Wendy