Care first
Part of PRIORY

Mental Health Awareness Week 15th – 19th May

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday May 15th, 2023	Awareness	Mental Health Awareness	'Mental Health Awareness' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2743676666102198617 Awareness and information on Mental health, how to recognise and support those experiencing mental illness and changes to their mental health.	
Tuesday May 16th, 2023	Mental Health	Returning to work anxiety	'Returning to work anxiety' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/3044216074926877023 A conversation starter on understanding how you might be feeling anxious when returning to work after a significant break following an illness or requested leave	
Wednesday May 17th, 2023	Care first awareness	How Care first can support you	'How Care first can support you' **TIME:** 12pm-12.30pm **LINK:** https://attendee.gotowebinar.com/register/1383866655567605599 A webinar for awareness and how to access the EAP service provided by Care first.	
Thursday May 18th, 2023	Wellbeing	Sleep and Anxiety	'Sleep and Anxiety' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/1515227508758369367 A webinar detailing how a lack of sleep can create anxiety and what changes you can try to positively reduce the impact this has on your general wellbeing	
Friday May 19th, 2023	General Wellbeing	Top tips for managing anxiety	'Top tips for managing anxiety' **TIME:** 12pm-12.30pm **LINK:** https://attendee.gotowebinar.com/register/1774783721171118934 This webinar provides tips for overcoming fear and anxiety while giving ideas on ways you may be able to manage your anxiety with day to day activities	

Please be assured that registrant information is held confidentially and your orginsation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software 'GoToWebinar' is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation