




Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday September 4 th , 2023	Service Awareness	Understanding Care first cCBT	‘Understanding Care first cCBT’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/2031752785642824286 This webinar provides further information on Care first’s own modular cCBT (computerised Cognitive Behavioural Therapy) course.	
Wednesday September 6 th , 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/8588005382159349590 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday September 8 th , 2023	Suicide Awareness	Understanding Suicide	‘Understanding Suicide’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/9220592904503915612 In line with World Suicide Prevention day on 10th September, this session will help to improve your understanding of suicide within society, how suicidal thoughts can affect an individual and ways to help support yourself or someone you know.	

Please be assured that registrant information is held confidentially and your organisation 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

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Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday September 11 th , 2023	Service Awareness	Care First Lifestyle - Your digital well-being solution	'Care First Lifestyle - Your digital well-being solution' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/4422279081089887573 This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it.	
Wednesday September 13 th , 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/8083914485351741782 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday September 15 th , 2023	Mental Wellbeing	Coping with SAD	'Coping with SAD' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/8333351892207176023 This webinar looks at ways in which the change in weather as we move into Autumn can affect our mental health and explores ways to cope with Seasonal Affective Disorder.	

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