



Mental Health Resources Pack

We have a range of free Mental Health Awareness resources that you can share with your colleagues to raise awareness of and remove the stigma surrounding mental ill-health...



Resources:

Mental Health & Wellbeing
White Paper
Mental Health Wellbeing Guide
Wellness Action Plan
The Anxiety Ladder
Managing employee wellbeing



Mental Health & Wellbeing Courses:

Mental Health Awareness
Mental Health Awareness
for Managers
Managing Anxiety
Resilience Training
Stress Awareness & Prevention



Blogs:

10 Ways to Boost Morale and De-Stress in the Workplace
Reach out to your workforce about their mental health
Raising awareness of stress during COVID-19
Empower your employees to cope with uncertainty
Mental Ill Health - Amanda's Story
Mental Ill Health - Jason's Story
What is work related stress
5 simple strategies for workplaces to implement for
better mental health



Videos:

The 5 Pillars of Resilience
What is anxiety?
Why is Mental Ill-Health in the Construction
sector such a problem
What are Mental Health First Aiders?
Why are they important?
The iHASCO Breathing Tool
The shocking statistics surrounding
Mental Ill-Health



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External Help for Mental Health

If your wellbeing is becoming a top priority for you, and you feel like you need extra support, there's plenty of avenues you can go down...



Charities & Organisations:

Mind

Rethink

The Mental Health Foundation

Be Mindful

Samaritans



Counselling & Therapy:

Online Counselling

Relate (free)

7 Cups (free)



Alternative Therapies:

Acupuncture

Aromatherapy

Massage

Reflexology



Books and Magazines:

Hay House Publishing

Feel Good: The New Mood Therapy

Cognitive Behavioural Therapy for Dummies

The Anxiety and Phobia Workbook



Apps:

Headspace

Calm

Smiling Mind



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