



Your reminder to check in on your mental health...

It's World Mental Health Day on October 10th and it's a great day to shine a light on the impacts of poor mental health. But the reality is, our mental health needs looking after each day and reminders should be more frequent...

Looking after your mental wellbeing is very important. Why? Because poor mental health can have a negative impact on our everyday lives and can even impact us physically too if left unmanaged.

When we talk about mental health, many people might think that it's about anxiety or depression, but actually even conditions like stress are included. It can impact anyone at any time, whether it's for long or short periods of time.

Furthermore, mental health can be about all the good things like happiness, stress management and prevention of poor mental health.
No matter how you're currently feeling mentally, it's important to manage and take care of your wellbeing. Like life in general, our mental wellbeing can work in ebbs and flows, so knowing how to manage challenges is key

At Pebble Wellbeing, we're here to support your mental health at all times and provide you with the resources you need for a happy and healthy life.



Feeling Lonely



Practicing mindfulness



Establishing boundaries...



Building resilience and growing through adversity

P.S. your Company Access Code to read our online resources is

CLEVELANDWELL

Experiencing Burnout?

"When we are moving towards, or are already in burnout, it can be hard to see the wood for the trees, but a few simple self-observations can help in recognising the signals, allowing us to make changes, and manage symptoms so that we can calm our nervous system and find a healthier work life balance."

This confidential service offers a wide range of wellbeing, financial, legal, and management support, available 24 hours a day, 365 days a year.
Support available includes:
Immediate emotional support – available 24/7/365, Structured counselling – face-to-face, secure video, or telephone sessions, Guided self-help programmes using tailored cCBT support, Legal and debt management helpline,
Manager support services – including Day 1 stress intervention

Digital wellbeing portal featuring:
Live chat, Wellbeing programmes, Webinars, Exercise videos, Podcasts. Healthy recipes, Fact sheets and more Critical incident support
Questions? Reach out to our Pebble Team at hello@pebblewellbeing.com For further info: please visit www.pebblewellbeing.com For confidential support, Pebble Wellbeing can also be contacted 24/7 on:
0808 168 0751 and 0191 607 6421.