

Wellbeing Wednesday

ISSUE 28: BIT Wellbeing



This is a reminder that all staff have access to the following opportunities, tools and expertise to help promote your wellbeing.

Employee
Assist
programme

Equality
Champions

Counselling
Service

Wellbeing
days

My Possible
Self App

Wellbeing
Surveys

Wellbeing
Champions

Wellbeing
Events

Wellbeing
Podcast

Menopause
Champions

Occupational
Health

Mental
Health First
Aiders

If you are unsure how to access any of the support above, please contact Victoria Gavin for further information