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EAP Newsletter OCTOBER 26

Mental Health Awareness Week

Connection & Belonging

Mental Health Awareness Week is here.

For this month, we're putting the focus on the connections that help us feel supported, included and understood.

Connection can look different for everyone. A conversation with a colleague. Time with whānau. Reaching out to a friend. Feeling part of a team or community.

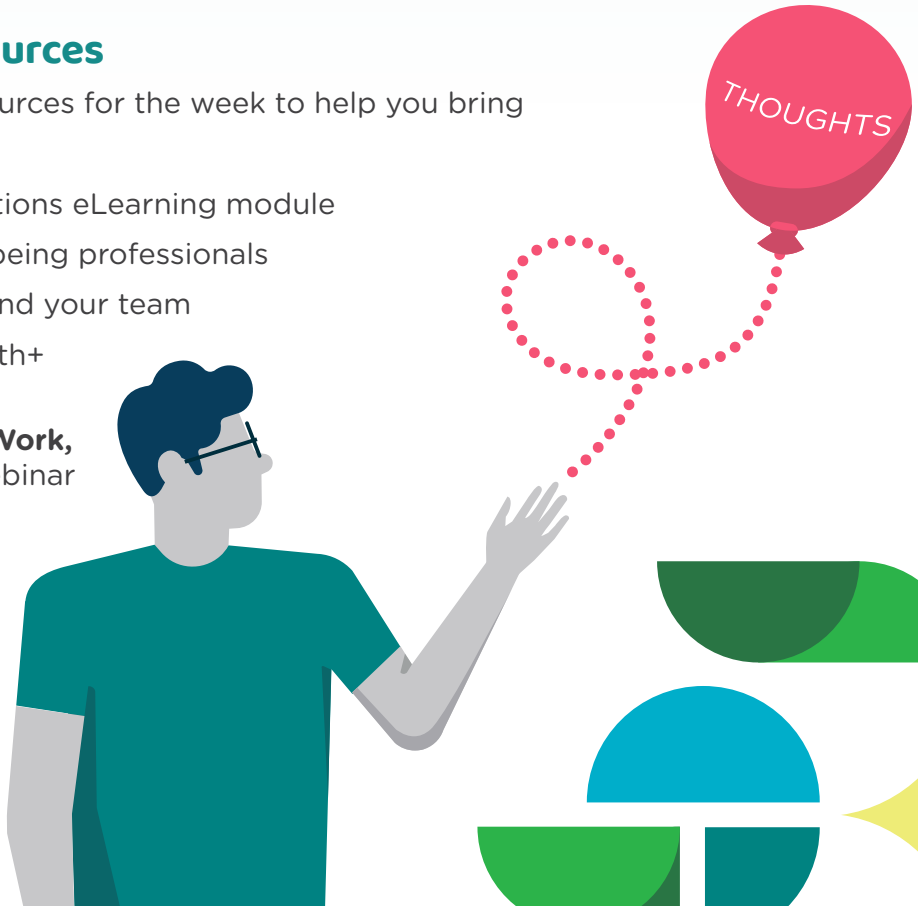
This week, we're sharing practical resources to help you and your workplace create more opportunities for meaningful connection.

Explore our MHAW resources

We've created a range of resources for the week to help you bring MHAW to life with your team.

- Building Meaningful Connections eLearning module
- Expert advice from our wellbeing professionals
- Practical resources for you and your team
- WellbeingHub and habithealth+ content
- Our **Building Connections: Work, Whānau and Community** webinar

Explore all MHAW resources



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Connection starts with conversation

It doesn't take much to make someone else feel more connected.

Check in
Ask how someone is doing and make time to listen.

Make room
Invite someone into the conversation, activity or team moment.

Connect beyond the task
A coffee, walk or shared lunch can create space for a different kind of conversation.

Reach out
If something is weighing on you, talking to someone can be a good place to start.

Join our live webinar

Building Connections: Work, Whānau and Community

Join us for a practical conversation about the role connection plays across work, relationships, whānau and community, with ideas you can take into everyday life.

Find the webinar and all MHAW resources in one place.

Click here to Explore MHAW resources
or scan the QR



Explore the Wellbeing Hub

Discover expert articles, practical tools and trusted resources you can access anytime, anywhere to support your health and wellbeing.

wellbeinghub.co.nz

We're here when you need us

Mental Health Awareness Week lasts one week. Support through Habit Health EAP is available throughout the year. If you need someone to talk to, confidential support is available. **Book online** at **eap.habit.health** by calling **0800 327 669** or by scanning the **QR code.**

eap.habit.health