

May  
2023

# Mental Health Awareness Week

wellbeing  
in focus 

## Conquer Anxiety

Strategies for Success

- ✓ This month we're focusing on anxiety in line with Mental Health Awareness Week, running from 15<sup>th</sup> to 21<sup>st</sup> May.
- ✓ Anxiety is a normal emotion, but it can become a mental health problem. Many things can lead to anxiety, such as exams, relationships, and money worries.
- ✓ 1 in 4 adults feel anxious to the point it affects their daily life, but anxiety can be managed and prevented.



Scan the QR code to learn more about this campaign and how to seek support.



counselling  
& advice helpline

 0800 328 1437

 [employeeassistance.org.uk](https://employeeassistance.org.uk)

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