



Men's Health Awareness Month



Stay connected

Connecting with colleagues makes you feel a sense of belonging and self-worth, and provides emotional support. This guide is to help you start wellbeing conversations with your team.



Talk more

Reaching out to someone or talking about how you feel isn't easy. But you can prepare for tough conversations.

Worried about someone else?



Want to talk about your own mental health?



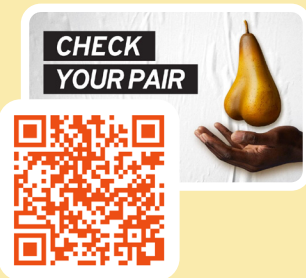
Know the facts

Globally, more than 1.4 million men are diagnosed with prostate cancer each year. Learning the facts helps you understand what to look out for.



Know your body

Testicular cancer is the number one cancer young men. But 62% don't how to check themselves. Here is a how-to-guide.



Move more

Have you heard of the Team UHD community noticeboard? Discover and share activities, groups and events to improve wellbeing! Browse posts from your colleagues including walking football, cricket, rowing and more!



Financial health



Talk money week 6-10 November

Talking about money can help you feel more confident in managing your finances and dealing with future income changes. Money Helper has advice, resources and tools to help you start conversations with friends, family, children, or your partner. On their website you can also find a budget planner, mortgage calculator, pensions guidance and more.



Mental health



Free expert sleep support

Turning the clocks back can disrupt your body clock which lowers your energy levels, making it hard to concentrate. Did you know Team UHD can access free personal support from a team of coaches, doctors and sleep experts via Sleepstation? Scan to register today!



Spotlight

Team wellbeing

UHD Team Month 2023

Your relationship with your colleagues, and role within your team can impact your wellbeing. When you feel valued and have a voice, you thrive. Use UHD Team Month to learn more about the difference you can make to your team by signing up for one of our masterclasses...



Civility



Communication



Diversity

Search 'team month' on the intranet for the full list of masterclasses and more resources!