

## Winter Wellbeing Support Resources

- Employee Assistance Programme (EAP) 24/7, free confidential helpline, call **0800 028 2047**. The EAP can support you with a range of emotional and practical issues.
- Confidential text support service, by texting **SHOUT to 85258** for support 24/7.
- [GM Wellbeing and Mental Health Support Links](#) - support across a number of themes including mental health crisis lines, bereavement, suicide, domestic abuse; as well as a variety of online support and financial advice and support.
- [Supporting Our NHS People](#) including financial wellbeing, mental health wellbeing, physical wellbeing and much more!

## National Grief Awareness Week

Led by [The Good Grief Trust](#), is an opportunity to raise awareness of the impact of grief and bereavement and the support available to those affected.

The [Greater Manchester Bereavement Service](#) is there for anyone living or working in Greater Manchester who has been bereaved.

Call **0161 983 0902**, Monday to Friday, 9am-5pm (excluding bank holidays).

## MFT Charities Events

On **11<sup>th</sup> December** pull on a Christmas jumper or anything Christmassy for the MFT Charities Team [Christmas Jumper Day](#).

In the evening head to Manchester Cathedral for an evening of carols for their **Christmas Carols in the City** event and help raise funds to support their [Christmas Appeal](#). [Purchase tickets here](#).

## EHW Training and Events

\*For more course dates, please visit the [learning hub](#).

[Understanding Suicide and Self-Harm](#) 1st December 1:30-3pm

[Health and Wellbeing Champions Training](#) 2nd December 9-10:30am

[Back Care Workshop](#) 2nd December 12-1pm

[Understanding Eating Difficulties and Body Image](#) 3rd December 1-3pm

[Mental Health First Aid 3 Year Refresher Training](#) 3rd December 1-5pm

[An Introduction to Neurodiversity](#) 5th December 10:30am-12:30pm

[Mental Health Conversation \(REACT Training\)](#) 8th December 1-3pm

[Understanding Stress](#) 11th December 10am- 1pm

[Employee Health & Wellbeing Leadership Course](#) 17th December 9am- 4:15pm

[Support Staff after a Critical Incident at Work](#) 18th December 2- 3:30pm

[Understanding and Preventing Burnout](#) 19th December 10:30- 11:30am

## 16 Days of Activism Against Gender-Based Violence

This year the campaign focus is [UNiTE to End Digital Violence Against Women and Girls](#)

- National Domestic Abuse Helpline** (24/7) on 0808 2000 247 run by [Refuge](#).
- [Greater Manchester Domestic Abuse Helpline](#) Mon-Fri 10am-4pm: 0800 254 0909
- [Men's Advice Line](#) for male domestic abuse survivors Mon-Fri 10am-5pm: 0808 801 0327
- [National LGBT Domestic Abuse Helpline](#): 0800 999 5428
- [Domestic Abuse Awareness and Support People Place](#) .

## Online Money Referral Tool (MART)

The **MART** is a financial support finder available for people living in Greater Manchester.

If you or someone you regularly work with or support is struggling financially, you can use this website to help find appropriate advice and services.

[Click here to find out more](#).

## World Aids Day – 1<sup>st</sup> December

In the UK, more than 105,000 people are living with HIV.

[World AIDS Day](#), is a global movement to unite people in the fight against HIV and AIDS, to show strength and solidarity against HIV stigma and to remember lives lost.

The UK government has set a goal of ending HIV transmissions by 2030. Find out more about the actions being taken to reach this goal [here](#).

Different ways to get involved this World AIDS Day include:

- Wear the iconic Red Ribbon** as a symbol of support for anyone who has been affected by HIV and AIDS
- Raise awareness**, tell others and share information about the importance of World AIDS Day.