

UNISON Weekly Update

Mental Health Awareness

When we talk about our health issues, predominately we think of physical health, but often it's the hidden issues of mental health that can have the biggest impact on our lives.

It is fair to say that at some point in our lives mental health issues will affect us all, whether we know of someone, care for someone, or it could be you suffering with Mental Health issues.

One in four people have a Mental Health issue at some point during their lives. It could be your colleague. Have you noticed a colleague that hasn't been themselves lately? Maybe they're quieter than normal or not as focused. Maybe it's you and you don't know who to speak to for help.

By raising awareness we can all help to challenge the stigma and discrimination around Mental Health. In order to help raise awareness and encourage discussion UNISON will be sending you some bite-size quizzes over the next few weeks in this newsletter that I hope you'll find interesting.

If you have any questions or wish to talk confidentially please do not hesitate to get in touch.

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Free UNISON Courses for Members

UNISON provides a wide range of learning opportunities for our members. Our courses can help you:

- develop self-confidence
- teach you about yourself
- become more active and involved around issues that concern you
- tackle change and uncertainty at work
- progress your career
- learn for fun and personal development

Many courses are free and are designed to be friendly and informal, with practical exercises and no long lectures or exams. Follow the link to <https://learning.unison.org.uk/member-learning/> for more information or contact Ian Lawrence UNISON Yorkshire Ambulance Branch Learner Rep.

Don't miss out on all the news from UNISON YAS Branch, the best way to keep up to date is to subscribe at www.uyab.co.uk, follow us on [twitter](#) @UnisonYAB or like our [Facebook](#) page **UNISON Yorkshire Ambulance Branch**.

If you require support or advice on work related matters Email yas.unison@nhs.net

