




Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday November 13 th , 2023	Mental Health	Kindness and Mental Health	‘Kindness and Mental Health – In line with World Kindness Day’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/4280738950638660693 This webinar is in line with World Kindness Day and aims to discuss the importance of kindness on our mental health.	
Wednesday November 15 th , 2023	Care first Awareness	How Care first Can Support you	‘How Care first Can Support You’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/3265223414114885472 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday November 17 th , 2023	Service Awareness	Care first Management and MHFA Support	‘Care first Management and MHFA Support’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/1745360794498860635 This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software ‘GoToWebinar’ is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation