

# Mental Health Awareness Week

11<sup>th</sup> -17<sup>th</sup> May 2026

## Mental Health Awareness Week

Looking after your mental health is part of working safely. This week is about increasing awareness about the mental health support available to you!

As part of the NHS People Promise, ELFT is committed to supporting staff wellbeing every day and during challenging times.

Support at hand includes wellbeing conversations and manager support, EAP, work-life balance and other people and culture policies that can support with a range of issues from things like workplace stress to reasonable adjustments impacting your mental health.

### MIND BLMK - Lunch-and-Learn

Join Mind BLMK on 15th May 2026 for a lunch-and-learn webinar via Teams, covering practical mental health actions, resilience tools, stress management, and wellbeing strategies—sign up to secure your place and take part.



**15th May**

### Wellbeing Conversations

Wellbeing conversations are open, supportive check-ins where managers and staff talk honestly and openly about how they're really feeling, not just work tasks. During Mental Health Awareness Week, it's about raising awareness of these conversations and encouraging everyone to prioritise them.



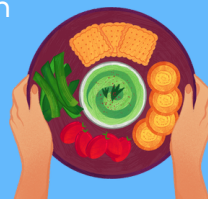
### Employee Assistance Platform

Sign up to the Champion Health app for 24/7 EAP access and personalised wellbeing support, from mental and emotional health to physical wellbeing, including menopause and men's health. Get access to trained counsellors and advisors for support, advice and guidance on whatever you are facing from mental health to legal advice. See more below



### Eating for Energy

Join ELFT's Employee Assistance Provider- PAM Wellness, supporting employees with nutrition, skin health, and mental health awareness to help boost your energy and confidence.



**13<sup>th</sup> May**

Our EAP offers round-the-clock, confidential support designed to meet your individual needs. Whether you choose to reach out yourself or access support through a manager referral (with your consent), help is available. Managers can complete a referral form to signpost staff to appropriate support.

**For any questions, please contact:  
elft.employee.engage@nhs.net**



**PAM Wellness**

## Employee Assistance Programme

Call the helpline for free and confidential life management and personal support service that is available to you 24 hours a day, 365 days a year.

### Need to talk?

We provide emotional and practical support on work and personal issues to support your health and wellbeing.

You can contact us in different ways, and all options are free.

You can call us on:

**0800 882 4102**

If you prefer typing over talking, you can access our live chat service via the app and portal at [app.pamwellness.co.uk](http://app.pamwellness.co.uk)

Access the app and live chat using your organisation code:

elfteap



### What support is available?

- 24/7 Helpline
- Counselling
- Legal, financial and debt support
- Online and app based wellbeing tools, including mood tracker
- Wellness dashboard
- Live Chat

