

## Maximise wellbeing in your workplace

Staying fit and well is easily the best policy when working! Our experienced Psychological Health Team has written advice on a range of topics from coping with alcohol dependency to bereavement.



## Resilience and Wellbeing

Our briefings are designed to support HR and employees to **maximise their resilience and wellbeing**. The information available from InterHealth may help them to think through a situation in relation to the issues which commonly arise. They will also be provided with information on common psychological conditions and how to manage them. For example:

- Work-life balance
- Alcohol use and misuse
- Depression
- Eating distress and disorders
- Self harm
- Bi-polar disorder.

All information sheets are available through InterHealth as part of the WorkWell Plan.

\* Prices may vary for face-to-face appointments held at locations other than InterHealth's London offices. All prices valid until 01/10/10. VAT is applicable to most of these prices.

Committed to the health and wellbeing of those making the world a better, fairer and healthier place.

InterHealth 2010. A company limited by guarantee, registered in England and Wales. Registered company number 4986035. Registered charity number 1103935. 111 Westminster Bridge Road, London, SE1 7HR [www.interhealth.org.uk](http://www.interhealth.org.uk) [info@interhealth.org.uk](mailto:info@interhealth.org.uk)

