

2025
Mental Health Month

Taking Steps on Your Wellbeing Journey

These steps are intended as suggestions or a helpful guide that you may consider on your wellbeing journey. Everyone's experience is different, and there's no single "right" way to move forward—you can move between these stages in a way that suits you best.

1

Awareness

The first step is noticing something has changed for you, maybe you're feeling different to your usual self, you've noticed a difference with how you think or what you think, you've noticed a change in how you spend your time/your day.

2

Acknowledgment

The second step is realising that it's okay to need support. Asking for help isn't a sign of weakness; it's a sign of strength. It's important to recognise when you could use some help or guidance, and to feel comfortable reaching out.

3

Action

The third step is about doing something to improve your wellbeing. This might involve talking to someone, taking time for yourself, practicing self-care, or seeking professional help.



Learn more here



Wayahead®

Proudly funded by



2025
Mental Health Month

Taking Steps on Your Wellbeing Journey

Event Title

Date & Time

Location

Organiser



Learn more here

Wayahead®

Proudly funded by

