

health  assured

# Health and Wellbeing Monthly

The latest news from [Health Assured](#)



## The Mental Health Hour



The **Mental Health Hour** answers your questions on a range of topics live on our Instagram page. We have a qualified counsellor on hand to discuss August's topic: **Acts of violence based on religion or beliefs.**

Make sure to send in your questions in to [@healthassured\\_](#) on **Thursday 8th August.**

Click the link below to download July's Q&A: **Panic attacks**

[Mental Health Hour](#)

## Peace of Mind Podcast



In Episode **#25** of our original podcast series, **Maria-Teresa** talks to **Zoe Baum**, a Clinical Practitioner & Dramatherapist with over ten years' experience working with **children and young people**.

A fascinating discussion about the unique challenges facing young people and how the creative arts may hold an answer.

Watch and listen to the podcast by clicking the below link.

[Peace of Mind](#)

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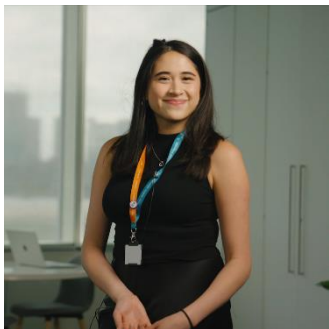


## Playlist of the Month by Health Assured

### Soothing Sounds

A serene collection of the most soothing and relaxing sounds brought to you by Health Assured. Get lost in the woods and unravel your mind high up in the clouds with our Soothing Sounds playlist.

[Health Assured Spotify](#)



### Bite-sized Learning

#### Samaritans Charity

In this month's webinar, our Wellbeing Counsellor Sofia Feghali discusses the charity Samaritans and how they support people in crisis. A call to Samaritans can save a life, so we're calling on you for help.

For viewers who require subtitles, please click the settings icon.

[Watch Now](#)

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### Your latest health and wellbeing articles

**Are nervous & mental breakdowns the same thing?**



The terms are commonly used to describe periods of intense emotional symptoms like panic, anxiety, and distress. But what are the differences?

[Read more](#)

### **Breastfeeding support**

Health anxiety is a condition where a person is excessively worried about having or developing a serious illness. But how do you overcome it?

[Read more](#)

### **Can genetics impact mental health?**



The impact of genetics on mental health has a long history. However, we are only just beginning to understand the relationship.

[Read more](#)

### **Don't be a Bully Month**

Marked in August every year, 'Don't be a Bully Month' is a dedicated month to raise awareness for the dangers and impacts of bullying, especially at work.

[Read more](#)