



Welcome to our Wellbeing Library - helping you keep your clients' wellbeing on track with the latest insights and guidance. Please share this valuable resource with your clients to support their wellbeing journey.

Through our Wellbeing Library content we aim to bring you the latest insights and resources to support your clients with better health and wellbeing. Our most recent articles focus on providing guidance for managing and prioritising child mental health, as well as ways to support individuals affected by cancer.

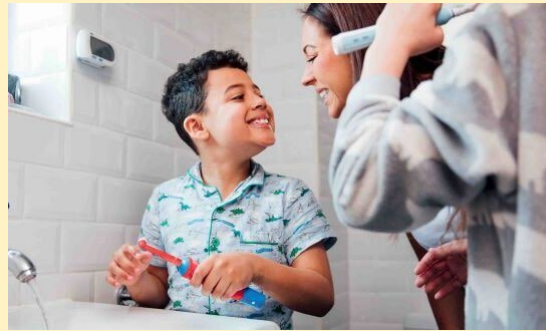
Child Mental Health

Looking after a child's mental wellbeing has never been more important. We've teamed up with an expert coach to share tips and strategies to help your clients support the young people in their lives. From managing anxiety to fostering resilience, we cover a range of topics to ensure the mental wellbeing of our future generations.



Nurturing young minds

[Strategies to support children's mental health](#)



The resilient child

[Helping kids cope with stress, anxiety and change](#)



Changing conversations around mental health

[How to start a conversation](#)



The digital impact on a child's mental health

[How to mitigate the impact](#)

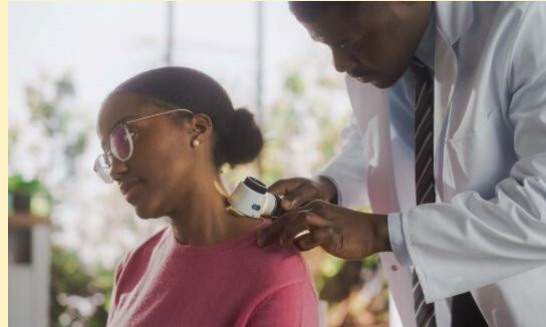
Cancer Support

Navigating a cancer diagnosis can be overwhelming, not just for the patient but also for those close to them. We offer practical advice and expert support to empower your clients with the knowledge and tools needed to support themselves and their loved ones.



Supporting someone with cancer

[5 ways you can help a loved one](#)



Melanoma skin cancer

[Signs and prevention](#)



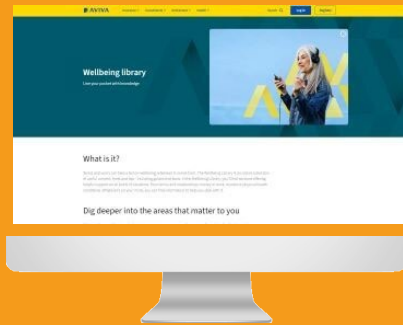
How to support your mental health after a cancer diagnosis

[Find the support you need](#)

Take a look at our Wellbeing Library

You'll find sections offering helpful support on all kinds of situations. Whatever's on your mind, you can find information to help you deal with it.

[Visit the Wellbeing Library](#)



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WC06709c 02/2025

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