

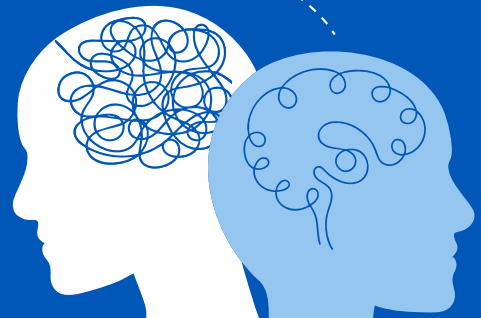
Together for good mental health



Celebrating the power and importance of community



Discover practical guides, expert advice and resources on mental health and more – available on the [Health & Wellbeing Hub](#) for you to share with your clients.



Mental Health Awareness Week may have drawn to a close, but recognising and supporting mental health is a year-round priority at WPA.



Often when we think about our mental health, we think about making time for ourselves – to relax, unwind and recharge. But just as vital is the support we get from others. Being around people who lift us up – whether through shared hobbies, a coffee and chat, or a good laugh – can do wonders for our wellbeing.

So, let's all celebrate the power of connection and the importance community has on our mental health.

Our website offers a wide range of resources on topics like stress, anxiety, loneliness, and more. Explore and share with your clients: wpa.org.uk/health-wellbeing

Our team at WPA are here to support you

Don't forget, if you need any help or support, relating to any WPA products or services, please get in touch with your usual WPA contact (or any of the team) using the details below:

Retail

01823 625092

retailbrokersales@wpa.org.uk

SME/Commercial

01823 625247

SMESales@wpa.org.uk

Mid-Large Corporate (claims rated)

01823 625051

mcdquotes@wpa.org.uk

Continuing to put our members at the centre of all that we do

WPA are currently **rated excellent** on Trustpilot.



★ Trustpilot



Rated 'Excellent' as at 01.05.25

