

# Care first

## Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
<b>Monday</b> JULY 25th, 2022	Service awareness	Care first Management and MHFA support service	<p>'Care first Management and MHFA support service'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2613770460906844688">https://attendee.gotowebinar.com/register/2613770460906844688</a></p> <p>This webinar provides an overview of the support available for managers and also the mental health first aiders of organisations through the EAP.</p>	
<b>Wednesday</b> JULY 27th, 2022	Care first awareness	How Care first can support you	<p>'How Care first can support you'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6637232052100450063">https://attendee.gotowebinar.com/register/6637232052100450063</a></p> <p>A webinar for awareness and how to access the EAP service provided by Care first.</p>	
<b>Friday</b> JULY 29th, 2022	Mental Health	Seasonal affective disorder - SAD	<p>'Seasonal affective disorder - SAD'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/7991412563103218959">https://attendee.gotowebinar.com/register/7991412563103218959</a></p> <p>This webinar looks at how the time of year and changes to the weather may be affecting your mental health and overall wellbeing. Offering tips on ways to improve it</p>	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software 'GoToWebinar' is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation