

Workplace Health Toolkit Summary

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Workplace Health Toolkit

Training Available

Annual Campaign

Resources

Sleep and Recovery

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Reducing the Risk of Suicide

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Health and Wellbeing Topic

Workplace Health Toolkit

Training Available

Annual Campaign

Resources

Drugs, Alcohol and Tobacco

Drugs, Alcohol and Tobacco - Toolkit for Employers

Alcohol Awareness

Alcohol Campaigns

Alcohol & Drugs

Stoptober

Quit Smoking

Menopause

Menopause in the Workplace - Toolkit for Employers

Menopause Awareness

World Menopause Day

Menopause

Musculoskeletal Health

Musculoskeletal Health - Toolkit for Employers

Contact the Falls Team, Livewell Southwest

Back Care Awareness Week

Musculoskeletal Health

Financial Wellbeing

Improving Financial Wellbeing - Toolkit for Employers

Gambling Harms

Talk Money Week

Gambling

Stop Loan Sharks

Financial Wellbeing



Wellbeing at Work, part of Livewell Southwest, provide three programmes to businesses and communities in Plymouth - **Wellbeing at Work Awards**, **Wellbeing Champions**, and **Wellbeing Training**. We also provide **Free NHS Health Checks**, networking opportunities, an annual **Plymouth Wellbeing Connections Event** as well as **workshops** and information on the latest health and wellbeing campaigns.

For further information contact us on livewell.workplachealth@nhe.net or refer to our [website](#), other [wellbeing resources](#) and download our [wellbeing calendar](#).