

# National World

## MyWellbeing Hub

**Thursday, 23 June 2022**

At National World, we want to make sure your head and heart are healthy and in peak condition, meaning you'll always be able to bring your whole self to work. We want to do everything we can to reduce the causes of stress and poor mental health for everyone. We do that by creating a culture that nurtures and supports you, and where we help each other. Nonetheless, it's still possible that you, a colleague or a member of your team may suffer from stress or a mental health issue at some point.

Our recent wellbeing survey, which ran during April, told us that 9.5% of respondents were not satisfied with their physical health, and almost 12% of respondents were not satisfied with their mental health. Despite this over 20% of respondents did not know what support is available to them via National World.

As such, we are proud to announce the launch of **MyWellbeing Hub**, our new health and wellbeing portal, packed full of resources available to assist you (selected resources are also available to family members - where this is applicable this is clearly highlighted within the hub).

Here you can find details of our Employee Assistance Programme (EAP), the Thrive: Mental Wellbeing app - the only corporate wellbeing app approved and recommended by the NHS - and a number of other tools available to you. From structured counselling sessions to probate support, **MyWellbeing Hub** has you covered. Whether it's a slight feeling of worry or a more serious problem, our **MyWellbeing Hub** puts you first.

And if you're keen to play an important part in our wellbeing strategy, we will shortly be launching our Mental Health Champion project to identify individuals who are passionate about supporting wellbeing across our teams. Keep an eye out for further information regarding this.

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