

Stress Awareness Month

9th
April
2024

For Stress Awareness Month this year, SIXMHS will be coming to Playtech on the 9th of April. We'll be talking about stress and sharing tips and coping strategies to help you manage your mental health and wellbeing in the workplace.

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Many aspects of life can cause stress.

For further help and information about stress visit:
<https://mentalhealth-uk.org/help-and-information/stress/>



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