

Mental health is a spectrum we are all on.

How can you nurture your position?



Mental health for all

It's World Mental Health Awareness Day on 10 October, and this year's theme is 'Mental health for all' – because we all have mental health, all of the time. Universally human yet unique to every one of us. We all sit on the mental health spectrum and have the ability to nurture our position.

Each day we exist on spectrums from surviving to thriving, disengaged to engaged; distracted to focused. While our positions will naturally change with life's twists and turns, when armed with the right tools, we can make decisions and take actions that impact where we sit. By investing a little time and energy into nurturing it each day, we can live healthier, more fulfilling lives.

Unmind, our online wellness platform, supports wellbeing holistically across seven pillars – health, sleep, coping, fulfilment, happiness, calmness and connection. Here's our pick of some of our favourite Unmind content across each pillar to help and support you.

Unmind is available until July 2021 for colleagues leaving BA/former colleagues.

Series & Tools

Health (Series): [Food for thought](#)

Sleep (Tools): [Night above the city](#)

Coping (Series): [Working through loss](#)

Fulfilment (Series): [Finding fulfilment](#)

Happiness (Tools): [Best self](#)

Calmness (Tools): [Muscle relaxation](#)

Connection (Praise): [Send someone praise](#)

Validium/Helpdirect

A 24-hour confidential counselling, support and guidance service.

Former colleagues can access this service for three months after leaving BA.

Call 0800 195 6999 or 0800 039 78798 for support.