



Milton Keynes
City Council

Working together to improve the health
and wellbeing of our communities

Healthy Workplace

Supporting local employers with health
and wellbeing in the workplace

April 2025

The Public Health Workplace Health Team work with local service providers to offer FREE workplace health and wellbeing services, to workplaces based in Milton Keynes, Bedford Borough and Central Bedfordshire.

Our monthly bulletin outlines our offer, focuses on different health and wellbeing topics, showcases services and highlights forthcoming campaigns to support health and wellbeing in your workplace.

Monthly focus



Mental Health Awareness Week



It is Mental Health Awareness Week from 12th to 18th May 2025 and the theme is 'community'. Workplaces are a community in itself and can bring employees together by creating a safe place, sense of belonging and unity.

Figures show a third, 34% of UK employees do not consider their workplace a community, with the majority 65% want to feel a strong sense of belonging at work. ([CIPD people management 2021-2022](#))

For a comprehensive guide on supporting your workplaces community focusing on mental health click here [mind, Wales](#)

Service offer spotlight

Suicide Prevention Training

mind BLMK deliver FREE training for those who live or work in Bedford Borough, Central Bedfordshire and Milton Keynes.

See the Signs is an introduction to basic suicide awareness and you will be able to recognise signs and symptoms, identify tools and techniques so you can support the person in crisis, identify how to communicate with a person with suicidal thoughts and recognise the importance of early professional help.

This training is delivered online, and the session is 2 hrs 30 minutes, for further information and to book a place click here [mind blmk training](#)

Zero Alliance provide Suicide Awareness training. Short, free, online courses that can be taken by anyone who wants to learn basic suicide awareness and prevention skills.

A catalogue of suicide awareness courses include; autism and suicide awareness training, veteran suicide awareness training, awareness training for probation staff and awareness training for taxi and private hire drivers.

For further information click here [zero suicide alliance](#)

For more details about service offers available to workplaces, please access the '2025 Workplace Health and Wellbeing Service brochure' link below

2025 Workplace Health and Wellbeing Service Brochure

Campaigns



Mental Health Awareness

Theme is 'community' and runs from 12 - 18 May 2025.

If your workplace is promoting mental health awareness week here are [resources](#) available to you. Share what community means to you with the hashtag **#ThisIsMyCommunity** on [Instagram](#), [Facebook](#), [X](#), and [LinkedIn](#).

Thank you for reading our bulletin. If you would you like to be added to our mailing list or for more information on:

- [Free training and workshops](#) on a range of health and wellbeing topics
- A range of [information and resources](#) covering all aspects of workplace health

Please email the Workplace Health Team at public.health@milton-keynes.gov.uk

Please do not reply to this email

Send all queries to public.health@milton-keynes.gov.uk

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