

Welcome to the third edition of our newsletter, aimed at bringing you a little more information about Wellbeing. This month we are focusing on

Mental Health Awareness Week

Monday 10th to Friday 16th May 2021

Mental Health Awareness Week

The University of Cambridge have scheduled a whole week focusing on mental health, hosted by the [Mental Health Foundation](#).

Links to all of the events and resources can be found by visiting our new Wellbeing Page

<https://www.maths.cam.ac.uk/internal/wellbeing>

There are a number of 'live' events that you will need to book a place on – we urge you to make time to attend any sessions you feel would be beneficial to you. Recorded events are also available, along with a brilliant list of resources that can be accessed at anytime and are available now! These resources have been curated with the aim to help and support our gradual return to the workplace.

Safe Space Circles - Returning to Work

<https://www.ourcambridge.admin.cam.ac.uk/resources/safe-space-circles-returning-work>

Here you will find information put together by the ourcambridge team, which includes a toolkit template.

The Heads of Department will release further guidance for CMS as soon as available. If you have any specific issues, questions or concerns, please do get in touch.

Thank you to everyone who has been in touch with us about the first two editions of the Newsletter in particular the formatting of the email circulated. Future editions will be posted online and we will follow the same format as the Faculty News Bulletin and email a link direct to the Newsletters page. Please do check the Events listed on the website as these are updated regularly.



<https://www.maths.cam.ac.uk/internal/wellbeing/cms-wellbeing-newsletters>

If you have any suggestions for content or ways to engage with the CMS Community, do get in touch – wellbeing@maths.cam.ac.uk. We would also love to hear from you if you are interested in becoming a Wellbeing Advocate