



## YOUR MHFA SUPPORT PROGRAMME



Hej ,

Welcome to your MHFA Support Programme Monthly Updates! These updates are important to make sure you're feeling comfortable and confident in your role as an MHFA at IKEA. So grab a cuppa and take a few minutes to have a little read...

### MHFA Support Programme Launch

As you know, your support programme has now launched! We hosted a few Q&A sessions this month to tell you more about the programme and answer any questions you had. If you missed these...

[Watch The MHFA Q&A Session Recording](#)

### Resource Hub Coming Soon!

Keep an eye on your inbox for the IKEA MHFA Resource Hub launching very soon! This will be the first port of call for you for anything MHFA related. In the meantime, if you have any questions...

[You Can Email Us Here](#)

### We Want To Hear Your MHFA Stories

One thing we'd love to do is share positive, inspirational and supportive stories of how you have used your MHFA skills to support someone.

Have you supported a coworker with the knowledge and skills gained in your MHFA training? Your MHFA story has the potential to inspire and help others make mental health conversations part of our everyday. If you're comfortable sharing your experiences, we would love to hear from you:

[Share Your MHFA Story Here](#)

### Don't Forget To Register For The MHFA Quarterly's

Every quarter you'll get an opportunity to jump on Teams call to join an MHFA get together. We'll talk about how you're getting on as IKEA MHFAs, share important updates with you, get your ideas and you'll get a chance to practice your ALGEE skills.

All the dates are on the Resource Hub. The first one is going to be on 9th December 14:00-15:30.

[Register For The December MHFA Quarterly](#)

### How To Record Your MHFA Engagement Data

It's important that we know how much you're using your MHFA skills, what kind of topics you're supporting with and what signposting you're using.

This data will be incredibly valuable for us to plan more effective Mental Health and Wellbeing initiatives for all IKEA co-workers. As such, we'd like you to make sure that you're

recording data about your MFHA interactions (don't worry, no personal or confidential data!).

Next month we'll show you how to get this data to us.

**Learn How To Record Your MHFA Engagement Data**

---

### **Shining A Spotlight On... Seasonal Affective Disorder (SAD)**

The clocks have changed and it's getting colder, wetter and windier. Whilst most people adapt ok to this change in season, for some people, these changes can result in lower mood or depression. This is called Seasonal Affective Disorder (SAD).

SAD most commonly happens around autumn time heading into the winter. But it can occur in the Spring or Summer too. Particularly if people struggle with hay fever or the heat.

Whilst your role is not to diagnose, as an MHFA it's important to consider that this could be impacting your IKEA coworkers or could be a reason for someone's recent change in behaviour or mood. Mind have put together an excellent guide on SAD. Take a few minutes to familiarise yourself with this:

**Mind's Guide To Seasonal Affective Disorder**

---

### **Dates For Your Diary...**

Here are some important dates to make sure you're aware of in the next few months... Are you doing anything at your centre to raise awareness for any of these? If so, let us know and send us some pics so we can shout you out in an upcoming MHFA Quarterly or newsletter!

- **National Grief Awareness Week - 2nd – 8th December**
- **Dry January – All of January**
- **Veganuary – All of January**

Keep up the amazing work you IKEA MHFA Superheroes and see you at the December MHFA Quarterly!

Ha en bra dag!  
The Stress Matters team

020 7856 0290

[www.stressmatters.org.uk](http://www.stressmatters.org.uk)



Are you always missing the wellbeing awareness days?

[Sign up here to receive monthly updates!](#)

Sent to: james@stressmatters.org.uk

[Unsubscribe](#)

Stress Matters, London, United Kingdom