

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

July Newsletter 2026

Themes for the month include:

Disability Pride Month
userway.org

Alcohol Awareness Week
6 - 12 July 2026
www.alcoholchange.org.uk

International Non-binary People's Day
14 July 2026
en.wikipedia.org

24/7 Samaritans Awareness Day
24th July 2026 #WeListen
www.samaritans.org

Hot Topic

Suicide Awareness

Suicide rates in the UK are as high as they were 20 years ago and poor mental health is the most frequent challenge HLC learners face. It can be difficult to know how to support a person who is suicidal, but there is support available.

Papyrus specialise in preventing suicide amongst young people and Mental Health UK offer information, advice and guidance for individuals and organisations.

Please click the image below to access the websites



World International Day of Friendship
30 July 2026
www.daysoftheyear.com



If you, or your participants are facing financial difficulty please see the links below:

www.citizensadvice.org.uk www.nationaldebtline.org

Humber Learning Consortium Learning Hub



For more information on Health & Wellbeing topics click on the link, using the password: HLC2024
<https://www.hlc-vol.org/learning-hub/>



www.hlc-vol.org

