

# Key Campaigns Summer/Autumn 2024



Better for everyone

# HWB Strategy – Improving mental health, resilience and wellbeing

April to June 24

- Mental Health Awareness Week
- MIND Mental Health at Work Commitment
- Mental Health and Suicide Awareness training directory
- Rainbow Resources



**Access mental health and emotional support.**  
All in one place.

**Mental health problems are common** and can happen to anybody. If you're struggling, **we're here to help.**

View our rainbow resources at [durham.gov.uk/adultmentalhealthsupport](https://durham.gov.uk/adultmentalhealthsupport)

Scan QR for further details

County Durham  
Care Partnership

NHS  
North East and North Cumbria

NHS  
Tees, Esk and Wear Valleys

Durham

# HWB Strategy

## April - June 24

- Smoking Survivors
- Illegal tobacco
- Alcohol causes cancer
- Vaccines
- Big Latch On
- Healthy Eating



Durham County Council  
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We are celebrating the The Global Big Latch On 2024 at County Hall, Friday 12 April 2024 between 10am and 12noon. The big latch will take place at 10:30am.

Breastfeeding parents, friends, family and members of the community are welcome to attend to celebrate breastfeeding and create a lasting support network.

Join us and [County Durham Infant Feeding](#) for an exciting event, with a range of family friendly activities and information stands... See more



Alcohol is linked to more than 200 medical conditions including 7 types of cancer, liver disease, heart disease and stroke.

If you need help with alcohol misuse in County Durham call 03000 266666 or visit [CoDurhamDrugAlcoholRecovery.co.uk](http://CoDurhamDrugAlcoholRecovery.co.uk)



# Summer/Autumn Campaigns

## July to September 24

- 1 - 7 July Alcohol Awareness Week
- 18 – 24 September National Breastfeeding Week
- Moving Together in County Durham event



## 14 UNITS EQUALS:



6 standard (175ml) or  
4 large (250ml) glasses

6 pints  
4% beer/lager

7 double (25ml)  
spirit measures