



# Legal and Affiliated Services

## Unite East Midlands Newsletter

### MENTAL HEALTH AWARENESS WEEK 14-20 MAY 2018

Mental Health Awareness Week this year focuses on stress. Research has shown that two thirds of us experience a mental health problem in our lifetimes, and stress is a key factor in this. By tackling stress, we can go a long way to tackle mental health problems such as anxiety and depression, and, in some instances, self-harm and suicide.

Chronic stress increases our risk of addictive and destructive behaviour, of developing anxiety, depression and other mental health problems. It can also increase risks of physical health problems including heart disease, insomnia, muscle pain and damages our immune system.

For more information you can visit the website at [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
You can also visit [www.unitelegalservices.org](http://www.unitelegalservices.org) where, once you log in, you can access further resources.

Unite also runs Mental Health Awareness courses for Reps so if you would like to see if there are spaces please visit our website <http://bit.ly/2pdfWNTN> or call our Regional Office on 01332 548400.

Last year's Health & Safety Conference centred around mental health and the presentations from that are still available here: <http://bit.ly/2BGqyRd>

(Source: Mental Health Foundation)

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Select the Hotpoint logo and log in using your 'My Unite' details.

This month's discount code is:

**BH17 =17% off**



### DON'T FORGET TO REGISTER!

Unite members have collectively saved over £800k through Unite's Energy Switching Group. Want to be in with a chance of winning a year's free energy?

Our switching partner iChoosr is turning 5 years old, has helped households save over £37 million and are fast approaching their 1 millionth registrant..

To make these milestones iChoosr will be giving one year's free energy to the 1 millionth registrant.

Will you be the 1 millionth registrant? Visit [www.unioncollectiveenergy.co.uk](http://www.unioncollectiveenergy.co.uk) to learn more and register for free.



## FREE PRIZE DRAW

### Win £150 Shopping Vouchers

We'd like to invite you to enter our exclusive Unite East Midlands Free Prize Draw to Win £150 of Shopping Vouchers with Unite Dental Plan

#### DO YOU HAVE A NHS DENTIST?

GET YOUR NHS DENTAL BILLS REPAYED IN FULL UP TO

**£500**  
PER YEAR

One of our East Midlands members is guaranteed to win!

Simply enter your details\* & choose 'East Midlands Region'

Enter now online at [www.unitedental.co.uk](http://www.unitedental.co.uk)

APPLY TODAY and get 15 EXTRA Prize Draw entries PLUS a £10 shopping voucher.



**DENTAL PLAN 0800 464 0765**

\*Please be assured that you can enter our prize draw without having to give Unite Dental Plan permission to contact you  
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For our full range of legal services, visit [www.unitelegalservices.org](http://www.unitelegalservices.org)

