

AWARENESS DAYS TO HELP STRUCTURE YOUR WELLBEING STRATEGY

To view the full range of wellbeing dates and free resources, scan the QR code.



JAN

- 1 - 30** Dry January
- 20 - 2** Cervical Cancer Prevention day
- 20** Brew Monday
- 27** Parent Mental Health Day

FEB

- 3 - 9** Children's Mental Health Week
- 4** World Cancer Day
- 6** Time To Talk

Looking for a practical way to raise awareness of mental health in the workplace? Our [Mental Health First Aider Training](#) could be a great solution, and help raise awareness in the workplace.

MAR

- 1 - 30** Endometriosis Awareness Month
- 7** National Employee Appreciation Day
- 14** World Sleep day
- 17 - 23** Nutrition and Hydration week

APR

- 1 - 30** Stress Awareness Month
- 7** World Health Day
- 22** Earth Day

Wondering how you can help your employees manage stress in the workplace? Look at the range of courses from [Health@Work](#) to see how they can help.

MAY

- 1 - 30** Skin Cancer Awareness Month
- 12 - 18** Mental Health Awareness Week
- 19 - 25** Dementia Action Week
- 23** Don't Fry Dat

JUN

- 1 - 30** Pride Month
- 5** World Environment Day
- 9 - 15** Men's Health Week

Get to know the facts for Men's Health Week [here](#).

JUL

- 1 - 30** Talk to us month
- 7 - 13** Alcohol Awareness Week

Want to know more about Alcohol Awareness? Visit the [Health@Work website](#) to see our course offering off how we can assist.

AUG

- 5 - 9** World Breastfeeding Week
- 14** National Financial Awareness Day

SEP

- 10** World Suicide Prevention Day
- 11 - 15** Pension Awareness Day
- 27** MacMillan Coffee Morning
- 29** World Heat Day

OCT

- 1 - 31** Menopause Awareness Month
- 1 - 31** Stoptober
- 1** World Mental Health Day
- 1 - 31** ADHD Awareness Month

NOV

- 1 - 30** Movember
- National Stress Awareness Day**
- 17 - 23** Self Care Week
- Talk Money Week**

DEC

- 1 - 7** National Grief Awareness Week
- 3** International Day Of Persons With Disabilities
- 11** Christmas Jumper Day