

THE ESSENTIAL WELLBEING CALENDAR

Scan the QR Code to view our full, in-depth wellbeing calendar and free downloadable resources.



JANUARY

- 1-30** Dry January
- 19-25** Cervical Cancer Prevention Week
- 19** Brew Monday
- 30** Parent Mental Health Day

FEBRUARY

- 4** World Cancer Day
- 5** Time To Talk
- 9-15** Children's Mental Health Week

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.

MARCH

- 1-31** Endometriosis Awareness Month
- 6** National Employee Appreciation Day
- 14** World Sleep Day
- 16-22** Neurodiversity Celebration Week

APRIL

- 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

- 1-31** Skin Cancer Awareness Month
- 12-18** Mental Health Awareness Week
- 18-24** Dementia Action Week

JUNE

- 1-30** Pride Month
- 5** World Environment Day
- 8-14** Men's Health Week

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

JULY

- 1-31** Talk To Us Month
- 6-12** 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.

AUGUST

- 1-7** World Breastfeeding Week
- 14** National Financial Awareness Day
- 19** World Humanitarian Day

SEPTEMBER

- 10** World Suicide Prevention Day
- 11-15** Pension Awareness Day
- 25** Macmillan Coffee Morning
- 29** World Heart Day

OCTOBER

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

NOVEMBER

- 1-30** Movember
- 4** National Stress Awareness Day
- 2-6** Talk Money Week
- 16-22** Self-Care Week

DECEMBER

- 7-13** National Grief Awareness Week
- 3** International Day Of Persons With Disabilities
- 10** Christmas Jumper Day