

# AWARENESS DAYS TO HELP STRUCTURE YOUR WELLBEING STRATEGY

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



## JANUARY

- 1-30** Dry January
- 20-26** Cervical Cancer Prevention Week
- 20** Brew Monday
- 27** Parent Mental Health Day

## FEBRUARY

- 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.

## MARCH

- 1-31** Endometriosis Awareness Month
- 7** National Employee Appreciation Day
- 14** World Sleep Day
- 17-23** Nutrition and Hydration 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
- 19-25** Dementia Action Week
- 23** Don't Fry Day

## JUNE

- 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](#).

## JULY

- 1-31** 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.

## AUGUST

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

## SEPTEMBER

- 10** World Suicide Prevention Day
- 11-15** Pension Awareness Day
- 27** 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
- 1** National Stress Awareness Day
- 3-7** Talk Money Week
- 17-23** Self Care Week

## DECEMBER

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