

What to expect in Q2 April - June 2025

Addiction - we'll provide support to help build your workplace health and wellbeing strategy

Key themes

Addiction

Mental Health

April

May

June

Events

Health Horizons Live:
Hidden addictions with the Impacts in plain sight

Thursday 8th May

New services

JAAQ
Just ask a question

Line manager support

Resources to reinforce the importance of preventative health and wellbeing to your employees

Support guides

[Supporting employees with addiction >](#)

[Manager mental health support at work >](#)

[Supporting employees who are experiencing stress >](#)

[Addiction: Nurture vs nature >](#)

[Addictive behaviours undermine teams and productivity >](#)

[How to provide support for staff struggling with addictive behaviours >](#)

Bitesize Academy videos

[Supporting a working alcoholic >](#)

[Supporting employees with work related stress at work >](#)

Employee support

Resources to help your employees maintain their health and wellbeing.

Support guides

[Types of addiction and getting support >](#)

[Recognising addiction and regaining control >](#)

[Alcoholism \(alcohol-use disorder\) >](#)

[How to stop social smoking >](#)

[Work-related stress >](#)

Support Videos/Podcasts:

[Recovering from alcohol addiction: Joshua's story | Bupa Health >](#)

[Inside Health: Am I drinking too much? >](#)

[Case study: Alan was addicted to alcohol >](#)

[10 ways to manage stress | Mental Health | Bupa Health >](#)

Awareness dates

Key health and wellbeing dates to look out for in Q2.

Stress Awareness Month
Alcohol Awareness Month
World Health Day 7 April

Mental Health Awareness Week
12 - 18 May

National Cancer Survivors Day 1 June
Men's Health Week 9 - 15 June

Support for you and your HR, wellbeing and line managers.

Thought leadership



Health Horizons

[HR](#) [Leaders](#) [Wellbeing teams](#)

Quarterly events and monthly articles bringing together industry experts, innovators, and thought leaders. We'll explore the emerging trends, cutting edge technologies and evolving practices in healthcare.

[Find out more >](#)

Helpful perspectives



Workplace Health and wellbeing Blog

[Wellbeing teams](#) [Leaders](#) [HR](#)

Our blogs and newsletters keep our clients and intermediaries up-to-date with the latest news and issues affecting workplace wellbeing.

[Clients >](#)

[Intermediaries >](#)

Practical resources



Bupa Academy

[Wellbeing teams](#) [Line managers](#) [HR](#)

Line manager guides, 90 minute training sessions and bitesize modules offering practical support, training, and resources to assist your wellbeing teams and line managers in managing health and wellbeing in the workplace.

[Find out more >](#)