



## October Health & Wellbeing Pack

### October: Supporting menopause and mental health



October includes some key health and wellbeing dates such as **ADHD Awareness Month, World Mental Health Day** and **World Menopause Day**.

For a more detailed look at some of the other key dates for October, be sure to check out our **wellbeing calendar** in association with Health@Work!

[H@W Wellbeing Calendar](#)

## Digital Benefit Spotlight: Adora Digital Health

October marks **Menopause Awareness Month**, with **World Menopause Day** taking place on **18 October** – an opportunity to raise awareness and encourage conversations about menopause in the workplace.

Our perimenopause and menopause support service, delivered through **Adora Digital Health** for all our corporate health plans, offers personalised assessments, symptom tracking and an evidence-based wellbeing hub with articles, videos and monthly webinars.

To mark Menopause Awareness Month, we recently caught up with Ann O'Neill, CEO & Co-Founder of Adora, to discuss how the Employment Rights Act 2025 is reshaping workplace menopause support.

Read the full Q&A [here](#).



[Download our free poster](#)

[Learn more about our menopause support with Adora Digital Health](#)

Download your **FREE**  
**2026 Wellbeing Calendar**

[Download here](#)



## Sign up to this month's webinar

This World Menopause Month, join us for a practical 45-minute session exploring what inclusive menopause support looks like in the workplace and the steps every employer can take to make a difference.

With voluntary menopause action planning beginning in 2026 and further legislation coming in 2027, now is the time to consider your organisation's approach, prepare for what's ahead and turn awareness into meaningful action.



We'll share practical hints and tips, discuss what other organisations are doing, and explore the support and solutions available to help employers create a more inclusive and proactive approach to menopause and hormone health.

Can't attend? Make sure you still register and we'll send you a copy of the webinar afterwards so you can watch it in your own time or share it with others.

[Click here to register](#)

## Mental Health at Work: The Essential Guide



World Mental Health Day takes place on 10 October.

Health@Work offer a range of resources including **Mental Health at Work: The Essential Guide**, which is designed to help you understand how mental health can impact your employees and workplace, and provides practical tips to help you support your workforce.

To learn more, click [here](#).

[Download here](#)

### Download your free guide

Essential Guide to Mental Health at Work

[Download here](#)



## Dates to keep on your radar this month

Here are some of the key wellbeing dates for October.



### ADHD Awareness Month: 1-31 October

October marks ADHD Awareness Month, aiming to raise awareness of ADHD through education and support.

Our partnership with Keys Group brings together a network of specialist services across ADHD360, Autism 360 and Mable Therapy.

To learn more, click [here](#).

## World Mental Health Day: 10 October

10 October marks World Mental Health Day.

This year's campaign focuses on the future of mental health support, particularly the implementation of a same-day open access model that aims to provide quick, proactive support to those who need it most.

Our range of mental health resources from Health@Work are designed to support your workforce, with practical guidance available through our [training courses](#) and employer [guide](#).

To learn more, click [here](#).

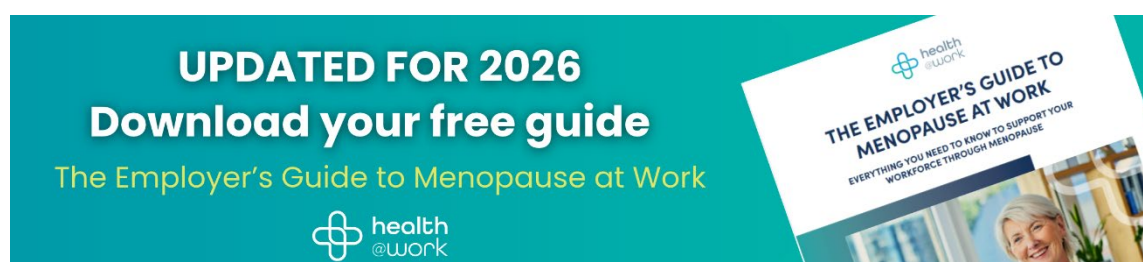


## World Menopause Day: 18 October

18 October is World Menopause Day.

Our range of menopause courses from Health@Work are designed to bring awareness to menopause, offering support through expert led guidance.

To learn more, click [here](#).



## 2026 Wellbeing Calendar

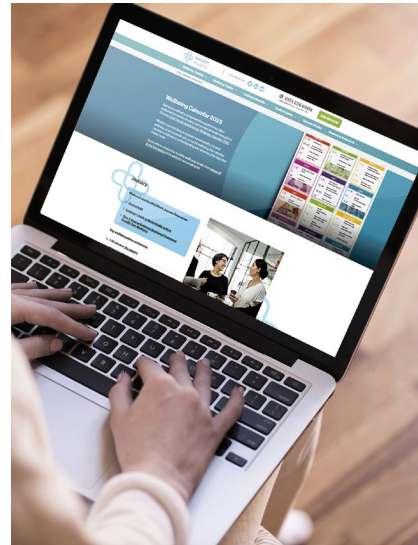


[Download our 2026 wellbeing calendar](#)

### Leave a review on Google

We welcome all feedback from our clients and policyholders. If you have a moment, please consider [leaving us a Google review here](#) to let us know what you love about Medicash and where you'd like to see us improve!

## Online 2026 Wellbeing Calendar



[View our expansive online wellbeing calendar](#)

### Tell us what you think

We'd love to hear your feedback on our monthly wellbeing packs. If there's something you'd like to see us include in these newsletters in the future, please get in touch with our marketing department at [marketing@medicash.org](mailto:marketing@medicash.org).

