

Mental Health Calendar 2024

Wellbeing in Focus shines the spotlight on specific topics which may be impacting the mental health of staff. Prior to every month, we will be sharing a promotional poster, video and article to enable you to raise awareness about that month's topic to your staff.



Poster



Video



Article

January Resilience

- ✓ January often brings a fresh start, but can also carry challenges such as post-holiday blues and freezing cold weather!
- ✓ This month we'll be focusing on building resilience. It is important to know when not to panic, catastrophise, or point fingers - instead, let's learn and develop healthy self-care habits.

February Time to Talk

- ✓ Time to Talk Day is dedicated to breaking down barriers around mental health by encouraging open conversations.
- ✓ Join us in raising awareness on the importance of talking about mental health. It doesn't need to be difficult - simple conversations can make a big difference.

March Neurodiversity

- ✓ This March we'll be focusing on neurodiversity, raising awareness on how to recognise and appreciate the talents of colleagues who may work differently from others.
- ✓ Join us in debunking myths, creating inclusive environments, and learning how to support and offer guidance when needed.

April Harnessing Stress

- ✓ Stress is a common experience, so it's important to understand how to handle it and maintain positive overall wellbeing.
- ✓ Join us in learning about its causes and impacts, and how we can differentiate healthy (eustress) and unhealthy stress (distress).

May Understanding Anxiety

- ✓ This May we're raising awareness about anxiety disorders, one of the most common mental health challenges.
- ✓ This month we'll shed light on the various forms of anxiety, its impact on daily life, and effective strategies for management and support.

June Pride & LGBTQ+

- ✓ Time to celebrate the LGBTQ+ community, and acknowledge the unique challenges they disproportionately face.
- ✓ Join us in addressing why the LGBTQ+ community face higher rates of anxiety, depression and stress due to discrimination, stigma, and societal pressures.

July Alcohol Awareness

- ✓ This July we'll be raising awareness on alcohol and its effects on our mental health and overall wellbeing.
- ✓ We'll be highlighting the mental health risks associated with excessive alcohol consumption, and promoting healthier, more informed choices.

August Sleep & Wellbeing

- ✓ Good sleep is critical in maintaining mental health and overall wellbeing. Let's look at proven strategies to improve our sleep quality!
- ✓ Known consequences of sleep deprivation can include increased risk of depression, anxiety, and stress.

September Suicide Prevention

- ✓ September is recognised globally as Suicide Prevention Month, a time dedicated to raising awareness and promoting prevention strategies.
- ✓ Talking about suicide can be a key step in prevention. Let's open conversations about the warning signs, share resources, and discuss how we can offer guidance and support.

October Black History Month

- ✓ This Black History Month we focus on exploring unconscious bias in the workplace, and how staff can be more aware of their actions.
- ✓ Racial discrimination in work settings can often be subtle. We'll be aiming to educate staff on how they can contribute to resolving this broader issue.

November Men's Mental Health

- ✓ Let's challenge the stereotypes and stigma associated with men's mental health, and promote the idea that seeking help is a sign of strength, not weakness.
- ✓ We'll be discussing the common mental health issues men face, and address the cultural and societal factors that often discourage men from reaching out for support.

December Loneliness at Christmas

- ✓ December, a time often associated with joy and togetherness, can also be a period of loneliness for many.
- ✓ This Christmas season, we focus on addressing loneliness, promoting ways to connect with others, and fostering a sense of community and warmth during the festive period.