

Mental Health Calendar 2025

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 Balance and Wellbeing

- ✓ January marks the start of a new year and offers an opportunity to prioritise workplace wellbeing.
- ✓ Focus on fostering balance through self-care, healthier habits, and meaningful connections.

February Inclusion and Kindness

- ✓ Time to champion diversity and mental health through meaningful connections.
- ✓ Raise awareness with campaigns like Random Acts of Kindness Day and Time to Talk Day.

March Embracing Diversity

- ✓ This month highlights neurodiversity and transitions with events like International Women's Day and Neurodiversity Celebration Week.
- ✓ Promote inclusion and positivity through small steps that make a big impact.

April Reducing Stress

- ✓ Address workplace stress and foster an inclusive culture during Stress Awareness Month and Autism Acceptance Month.
- ✓ Promote mental and physical wellbeing with World Health Day and Workplace Safety Day.

May Maternal Mental Health

- ✓ This month focuses on the unique challenges associated with maternal mental health.
- ✓ Support working parents and foster a familyfriendly workplace.

June Celebrating Identity & Belonging

- ✓ June is a time to celebrate inclusion with Pride Month, Neurodiversity Pride Day, and Autistic Pride Day.
- ✓ Promote belonging and tackle loneliness with Loneliness Awareness Week.

July Understanding & Connection

- ✓ Focus on mental health awareness with Alcohol Awareness Week, Samaritans Awareness Day, and National Schizophrenia Awareness Day.
- ✓ Celebrate joy and diversity with International Joke Day and Non-Binary People's Day.

August Supporting Every Voice

- ✓ Celebrate National Wellness Month and support workplace balance.
- ✓ Highlight diversity with International Day of the World's Indigenous People and World Humanitarian Day.

September Breaking Stigma, Building Support

- ✓ September highlights mental health awareness with campaigns like Suicide Prevention Month, SleepSeptember, and Youth Mental Health Day.
- ✓ Foster resilience and community through proactive support and open dialogue.

October Supporting Minds & Transitions

- ✓ This month focuses on transitions and neurodiversity with World Menopause Month and ADHD Awareness Month.
- ✓ Promote joy and mental health awareness with World Mental Health Day and Happiness at Work Week.

November Promoting Wellness & Compassion

- ✓ Highlight men's mental health with Movember and International Men's Day.
- ✓ Encourage kindness and support with International Stress Awareness Day and World Kindness Day.

December Wellbeing During the Holidays

- ✓ Foster mental health and inclusivity with Seasonal Affective Disorder Awareness Month and International Day of Persons with Disabilities.
- ✓ Promote community and connection with Grief Awareness Week & Human Rights Day.