

health assured



01

JANUARY

SU	MO	TU	WE	TH	FR	SA
New Years Day Dry January Veganuary 01	Bank Holiday 02	Peace of Mind Podcast: Anxiety 03	World Braille Day 04	05	06	07
08	Houseplant Week 09	MHA Live Webinar 10	11	12	13	14
15	Blue Monday February Client & Employee Newsletter send 16	17	18	19	20	21
22	Cervical Cancer Prevention Week 23	24	The Mental Health Hour Q&A box is live! 25	The Mental Health Hour: Achieving Goals 26	27	28
29	30	31	01	02	03	04



02

FEBRUARY

SU	MO	TU	WE	TH	FR	SA
29	30	31	LGBT History Month Peace of Mind Podcast: Relationships 01	Time to Talk Day 02	03	World Cancer Day 04
05	Sexual Abuse & Sexual Violence Week Children's Mental Health Week 06	07	Live Webinar: Frugal Living 08	MHA Live Webinar 09	10	11
12	13	Valentine's Day 14	15	16	17	18
19	March Client & Employee Newsletter send 20	21	The Mental Health Hour Q&A box is live! 22	The Mental Health Hour: Dealing with difficult situations 23	24	25
26	Eating Disorder Awareness Week 27	28	01	02	03	04



03

MARCH

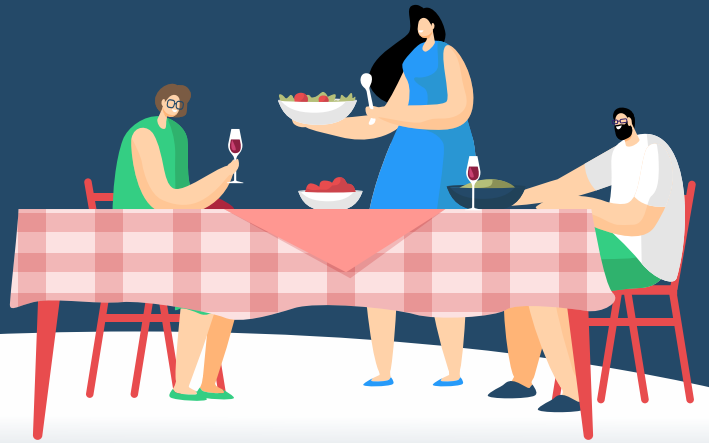
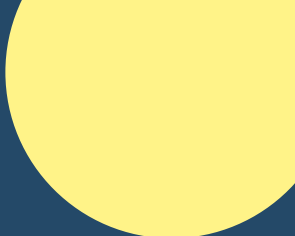
SU	MO	TU	WE	TH	FR	SA
26	27	28	Peace of Mind Podcast: Neurodiversity Self-Injury Awareness Day 01	World Book Day 02	University Mental Health Awareness Day 03	04
05	06	MHA Live Webinar 07	International Women's Day 08	09	10	11
12	No Smoking Day 13	14	15	16	17	World Sleep Day 18
Mother's Day 19	April Client & Employee Newsletter send International Day of Happiness Live Webinar: Menopause 20	International Day for the Elimination of Racial Discrimination Neurodiversity Celebration Week 21	Ramadan begins 22	23	24	25
Daylight Savings begins 26	27	28	The Mental Health Hour Q&A box is live! 29	The Mental Health Hour: Women's Mental Health 30	International Transgender Day of Visibility 31	01



04

APRIL

SU	MO	TU	WE	TH	FR	SA
						Stress Awareness Month
26	27	28	29	30	31	01
World Autism Awareness Day	Peace of Mind Podcast: Eating Disorders				Bank Holiday Good Friday	Easter Saturday
02	03	04	05	06	07	08
Easter Sunday	Bank Holiday Easter Monday			MHA Live Webinar Live Webinar: Nutrition		
09	10	11	12	13	14	15
	May Client & Employee Newsletter send				Ramadan ends	
16	17	18	19	20	21	22
			The Mental Health Hour Q&A box is live!	The Mental Health Hour: Sleep	World Day of Safety & Health at Work	
23	24	25	26	27	28	29
30	01	02	03	04	05	06



04 MAY

SU	MO	TU	WE	TH	FR	SA
30	Bank Holiday National Walking Month 01	Peace of Mind Podcast: Addiction Deaf Awareness Week 02	03	04	05	06
07	08	09	10	11	12	Mental Health Awareness Week 13
14	June Client & Employee Newsletter send 15	MHA Live Webinar 16	International Day Against Homophobia, Transphobia & Biphobia 17	18	19	20
21	22	23	The Mental Health Hour Q&A box is live! 24	The Mental Health Hour: Legal Concerns 25	26	27
28	Bank Holiday 29	30	31	01	02	03

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JUNE

SU	MO	TU	WE	TH	FR	SA
28	29	30	31	Pride Month Peace of Mind Podcast: Finding Happiness 01	02	03
04	Carers Week 05	Live Webinar: Supporting Young People 06	07	MHA Live Webinar 08	09	10
11	Loneliness Awareness Week Men's Health Week Diabetes Week 12	13	14	15	16	17
Father's Day 18	July Client & Employee Newsletter send 19	20	21	22	23	24
25	Bank Holiday 26	27	The Mental Health Hour Q&A box is live! 28	The Mental Health Hour: Relationships 29	30	01



07 JULY

SU	MO	TU	WE	TH	FR	SA
25	26	27	28	29	30	01
02	Peace of Mind Podcast: OCD Alcohol Awareness Week	04	Thank You Day	06	07	08
09	10	11	12	13	International Non-Binary People's Day Live Webinar: Parenthood	15
16	August Client & Employee Newsletter send	18	19	20	21	22
23	24	National Schizophrenia Awareness Day	The Mental Health Hour Q&A box is live	The Mental Health Hour: Mental Health at Work	28	29
International Day of Friendship	31	01	02	03	04	05



08 AUGUST

SU	MO	TU	WE	TH	FR	SA
30	31	Peace of Mind Podcast: Racism & mental health 01	02	Cycle to Work Day 03	04	05
06	Live Webinar: The Impact of Social Networks 07	08	09	10	11	12
13	14	15	16	17	18	19
20	September Client & Employee Newsletter send 21	22	23	24	25	26
27	Bank Holiday 28	29	The Mental Health Hour Q&A box is live! 30	The Mental Health Hour: Physical Wellbeing 31	01	02



09

SEPTEMBER

SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	Peace of Mind Podcast: Depression 01	02
03	04	05	06	07	08	09
Suicide Awareness Day 10	11	12	13	14	15	16
17	October Client & Employee Newsletter send International Week of Happiness at Work 18	19	20	21	Youth Mental Health Day 22	23
24	25	26	The Mental Health Hour Q&A box is live! 27	The Mental Health Hour: Money Worries 28	29	30



10 OCTOBER

SU	MO	TU	WE	TH	FR	SA
Black History Month ADHD Awareness Month Breast Cancer Awareness Month Stoptober Cholesterol Awareness 01	Peace of Mind Podcast: The Menopause 02	03	04	05	06	07
08	09	World Mental Health Day 10	11	12	13	14
15	November Client & Employee Newsletter send 16	17	World Menopause Day 18	19	20	21
22	23	24	The Mental Health Hour Q&A box is live! 25	The Mental Health Hour: Men's Mental Health 26	27	28
Daylight Saving ends 29	30	31	01	02	03	04

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NOVEMBER

SU	MO	TU	WE	TH	FR	SA
29	30	31	Peace of Mind Podcast: Men's Mental Health International Stress Awareness Day 01	02	Live Webinar: Mental Health and Men 03	04
05	06	07	08	09	10	11
12	13	World Diabetes Day 14	15	16	17	18
International Men's Day 19	December Client & Employee Newsletter send 20	21	22	23	24	25
26	27	28	The Mental Health Hour Q&A box is live! 29	The Mental Health Hour: Self-Esteem 30	01	02

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DECEMBER

SU	MO	TU	WE	TH	FR	SA
26	27	28	29	30	Peace of Mind Podcast: Loneliness World Aids Day 01	02
International Day of People with Disabilities 03	04	05	06	Live Webinar: Stress 07	08	09
Human Rights Day 10	11	12	13	14	15	16
17	January Client & Employee Newsletter send 18	19	The Mental Health Hour Q&A box is live! 20	The Mental Health Hour: Managing Stress 21	22	23
Christmas Eve 24	Christmas Day 25	Boxing Day 26	27	28	29	30
New Year's Eve 31	01	02	03	04	05	06