



January

Dry January

Adoption and surrogacy leave—parents' rights

20th: Blue Monday

Money worries



February

3rd-9th: Children's Mental Health Week

Mental health and the law—your rights

6th: Time to Talk Day

LGBT history month: coming out



March

16th-22nd: Nutrition and Hydration Week

Immigration—everything you need to know

11th: No Smoking Day

Work/life balance



April

National Stress Awareness Month

2019/20 Tax year—how does it affect me?

7th: World Health Day

Parental mental health



May

18th-24th: Mental Health Awareness Week

Neighbour disputes and how to deal with them

15th: International Day of Families

Avoiding a sedentary lifestyle



June

15th-21st: Men's Health Week

Equality—LGBT focus

1st-7th: National Growing for Wellbeing Week

Caring for a carer



July

12th: Simplicity Day

Disabilities in the workplace

30th: International Day of Friendship

Mindfulness



August

Physical wellbeing—mental health benefits

Being a single parent—financial support

19th: World Photo Day

What is burnout?



September

29th: World Heart Day

Online privacy and data protection

10th: Suicide Prevention Day

Addiction



October

10th: World Mental Health Day

Equality and diversity

12th-16th: Work Life Week

The menopause



November

2nd-6th: International Stress Awareness Week

Carers' rights and support available

Movember

Bullying



December

Mental health at Christmas

The basics of money management

5th: International Volunteers Day

Loneliness