



2024

Health Assured Employee Newsletter Calendar

- Wellbeing Article
- Webinars
- Legal Article
- The Mental Health Hour
- Peace of Mind Podcast
- Spotify Playlist

January
Staying positive on Blue Monday
Dry January
SAD at the start of the year
Live: Household budgeting
Private renting: Eviction in England
Sticking to resolutions
Setting and achieving goals
A positive start to the new year

February
Time to Talk Day
Mental health and romantic relationships
Overcoming eating disorders
Live: Cost of living crisis
Problems with a new build
Coping with loneliness
Physical wellbeing
Love is in the air

March
Neurodiversity in the workplace
International Women's Day
Supporting someone with neurodiverity
Live: World Bipolar Day
Probate overview
Sleep better
Financial wellbeing and the cost of living crisis
Here come the girls

April
Managing stress
Supporting people with autism
On Your Feet Britain
Live: Social media
Consumer rights: Online & distance selling
Dealing with stress
Future of digital wellbeing
Spring sounds

May
Exercise and mental health
Mental health Awareness Month
Deaf Awareness Week
Live: Maternal Mental Health Month
Parking fines: Appeals process
Meditate for mental health
Sports and mental health
Love yourself

June
Men's Health Week
Pride and mental health
Father's mental health
Live: Equality and diversity
Redundancy rights - Pregnancy/maternity
Caring for someone with alzheimer's
LGBTQ+, undivided, trans community
Pride playlist

July
Beating alcohol dependency
Children's and young people's mental health
Samaritans
Live: Supporting young people
Civil claims: Small, fast & multi-track
Panic attacks
Children's and young people's mental health
Summer sounds

August
Don't Be a Bully Month
Breastfeeding support
Cycle to work Day
Live: Dealing with addiction
Education: School complaints
Acts of violence base on religious or belief
Parenting: Parents in crisis
Soothing sounds

September
Happiness at work
Student wellbeing
Fitness and mental health
Live: Mindfulness
Deputyship
Supporting someone who is suicidal
Student mental health
Get productive

October
World Mental Health Day
Black History
Speak Up Month
Live: Smoking and mental health
Bullying & harrassment in the workplace
Menopause
Burnout, disconnecting and setting boundaries
Black history mix

November
Benefits of self-care during winter months
Trans Awareness Week
November
Live: World Mental Health Day
Party wall agreements
Disability in the workplace
Low mood or depression (SAD)
Calm before the storm

December
Coping with loneliness
Disability History
World AIDS Day
Live: Coping with grief
Homelessness
Money worries
Disability in the workplace
Winter wind down



Wellbeing Articles

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Mental Health Hour

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Wellbeing Webinars

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Live Webinars

[Enquire here](#)



Peace of Mind Podcast

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Spotify Playlist

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