



Awareness Days Calendar 2023

January

- Month** Dry January
- Month** Veganuary
- 10th-16th** Houseplant Week
- 16th** Blue Monday
- 23rd-29th** Cervical Cancer Prevention Week

February

- Month** LGBT History Month
- 2nd** Time to Talk Day
- 4th** World Cancer Day
- 6th-12th** Sexual Abuse & Sexual Violence Week
- 6th-12th** Children's Mental Health Week
- 27th-5th** Eating Disorder Awareness Week

March

- to 5th** Eating Disorder Awareness Week
- 2nd** World Book Day
- 8th** International Women's Day
- 13th** No Smoking Day
- 18th** World Sleep Day
- 21st-27th** Neurodiversity Celebration Week
- 19th** Mother's Day
- 21st** International Day for the Elimination of Racial Discrimination
- 26th** Daylight Savings
- 31st** International Transgender Day of Visibility

April

- Month** Stress Awareness Month
- 2nd** World Autism Awareness Day
- 28th** World Day for Safety & Health at Work

May

- Month** National Walking Month
- 2nd-8th** Deaf Awareness Week
- 13th-20th** Mental Health Awareness Week

June

- Month** Pride Month
- 5th-11th** Carers Week
- 12th-18th** Loneliness Awareness Week
- 12th-18th** Diabetes Week
- 12th-18th** Men's Health Week
- 18th** Father's Day

July

- 5th** Thank You Day
- 3rd-9th** Alcohol Awareness Week
- 14th** International Non-Binary People's Day
- 25th** National Schizophrenia Awareness Day
- 30th** International Day of Friendship

August

- 3rd** Cycle to Work Day

September

- 10th** Suicide Prevention Day
- 22nd** Youth Mental Health Day

October

- Month** Black History Month
- Month** Breast Cancer Awareness
- Month** ADHD Awareness
- Month** Cholesterol Awareness
- Month** Stoptober
- 10th** World Mental Health Day
- 18th** World Menopause Day
- 29th** Daylight Saving Ends

November

- Month** November
- 1st** International Stress Awareness Day
- 14th** World Diabetes Day
- 19th** International Men's Day

December

- 1st** World Aids Day
- 3rd** International Day of People with Disabilities
- 10th** Human Rights Day



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My Healthy Advantage app



Health Assured Employee Newsletter Calendar 2023

January

- A positive start to the new year
- Intestacy Rules
- Complex Mental Health
- Prioritising financial wellbeing
- Achieving goals
- Anxiety
- New Year, New You

February

- Building new and healthy relationships
- Domestic abuse rights
- How to support others with their mental health
- Eating disorders
- Frugal Living
- Dealing with difficult situations
- Relationships
- Feeling the love

March

- Menstruation and mental health
- Consumer law
- Coping with trauma
- Health Anxiety
- Menopause
- Women's mental health
- Neurodiversity
- Spring in your step

April

- Achieving your goals
- Maternity, Paternity & Adoption rights
- Recognising eating disorders
- Coping with loss
- Nutrition
- Sleep
- Eating disorders
- Sweet dreams

May

- Preventing burnout
- Power of attorney
- Tackling OCD
- Mental health awareness week
- Legal concerns
- Addiction
- Mindful Morning

June

- The art of self-love
- Sexual harassment
- Supporting the LGBTQ+ community
- Beating addiction
- Supporting Young People
- Relationships
- Finding happiness
- Love yourself

July

- Overcoming imposter syndrome
- County Court Judgements
- Depression & self-care
- Coping with infertility, miscarriage and baby loss
- Parenthood - To be or not to be
- Mental health at work
- OCD
- Adrenaline Workout

August

- Achieving body confidence
- Consumer rights surrounding a faulty car
- Work-life balance for remote workers
- Tackling phobias
- The Impact of the Social Network
- Physical wellbeing
- Racism and mental health
- Summer sounds

September

- Digital Detox
- Leaseholder rights & responsibilities
- Post-partum depression
- Losing someone to suicide
- Money worries
- Depression
- Feeling focused

October

- The benefits of reducing alcohol intake
- Divorce Process
- Coping with long-term illness
- Achieving confidence
- Anticipatory Grief
- Men's mental health
- The Menopause
- Feed your soul

November

- Ways to beat stress
- Being arrested: your rights
- Keeping active in winter
- Dealing with toxic relationships
- Mental Health & Men
- Self-esteem
- Men's mental health
- Get productive

December

- Facing family conflicts at Christmas
- Driving Offences
- Eating disorders & mental health
- Grief at Christmas
- Stress
- Managing stress
- Loneliness
- Winter warmers

- Wellbeing Article
- Legal Article
- Focused Article
- Bite-size learnings
- Live Webinar
- The Mental Health Hour
- Peace of Mind Podcast
- Spotify Playlist