



2024

Health Assured Wellbeing Calendar

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

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
- Live Wisdom and BrightTV Webinar

February

- Time to Talk Day
- Mental health and romantic relationships
- Overcoming eating disorders
- Live: Equality & Diversity
- Problems with a new build
- Coping with loneliness
- Physical wellbeing
- Love is in the air
- Live Wisdom and BrightTV Webinar

March

- Neurodiversity in the workplace
- International Women's Day
- Supporting someone with neurodiverity
- Live: Importance of Sleep
- Probate overview
- Sleep better
- Financial wellbeing and the cost of living crisis
- Here come the girls
- Live Wisdom and BrightTV Webinar

April

- Managing stress
- Supporting people with autism
- On Your Feet Britain
- Live: Mindfulness
- Consumer rights: Online & distance selling
- Dealing with stress
- Future of digital wellbeing
- Spring sounds
- Live Wisdom and BrightTV Webinar

May

- Exercise and mental health
- Mental Health Awareness Month
- Deaf Awareness Week
- Live: Mental Health Awareness
- Parking fines: Appeals process
- Meditate for mental health
- Sports and mental health
- Love yourself
- Live Wisdom and BrightTV Webinar

June

- Men's Health Week
- Pride and mental health
- Father's mental health
- Live: Mental Health & Men
- Redundancy rights - Pregnancy/maternity
- Caring for someone with alzheimer's
- LGBTQ+, undivided, trans community
- Pride playlist
- Live Wisdom and BrightTV Webinar

July

- Beating alcohol dependency
- Children's and young people's mental health
- Samaritans
- Live: Alcohol & Mental Health
- Civil claims: Small, fast & multi-track
- Panic attacks
- Children's and young people's mental health
- Summer sounds
- Live Wisdom and BrightTV Webinar

August

- Don't Be a Bully Month
- Breastfeeding support
- Cycle to work Day
- Live: Supporting Young People
- Education: School complaints
- Acts of violence based on religion or beliefs
- Parenting: Parents in crisis
- Soothing sounds
- Live Wisdom and BrightTV Webinar

September

- Happiness at work
- Student wellbeing
- Fitness and mental health
- Live: Suicide Awareness
- Deputyship
- Supporting someone who is suicidal
- Student mental health
- Get productive
- Live Wisdom and BrightTV Webinar

October

- World Mental Health Day
- Black History
- Speak Up Month
- Live: Menopause
- Bullying & harrasment in the workplace
- Menopause
- Burnout, disconnecting and setting boundaries
- Black history mix
- Live Wisdom and BrightTV Webinar

November

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

December

- Coping with loneliness
- Disability History
- World AIDS Day
- Live: Neurodiversity
- Homelessness
- Money worries
- Disability in the workplace
- Winter wind down
- Live Wisdom and BrightTV Webinar

Wisdom
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Wellbeing Articles

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The Mental Health Hour

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Live Webinars

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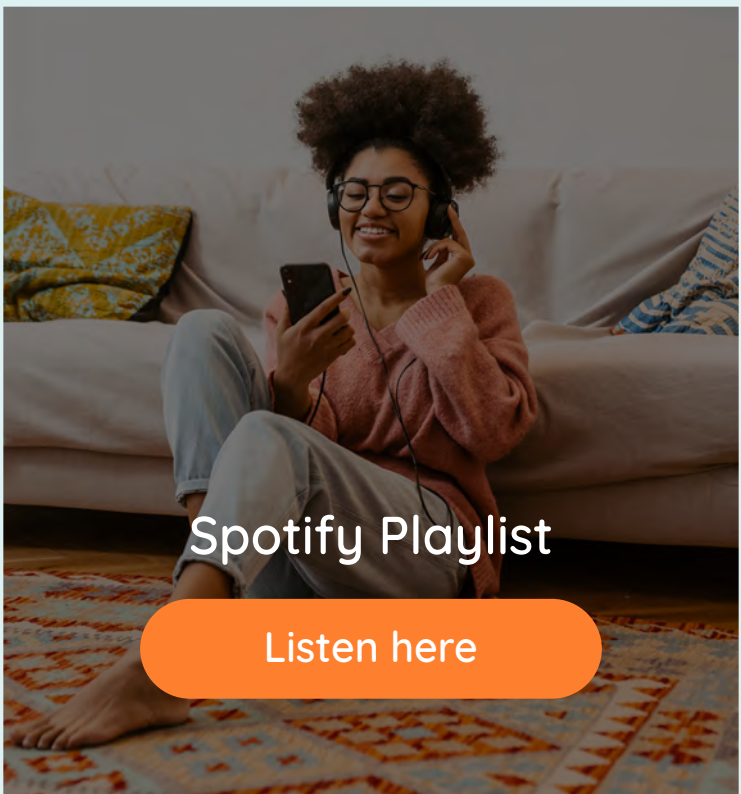
Wellbeing Webinars

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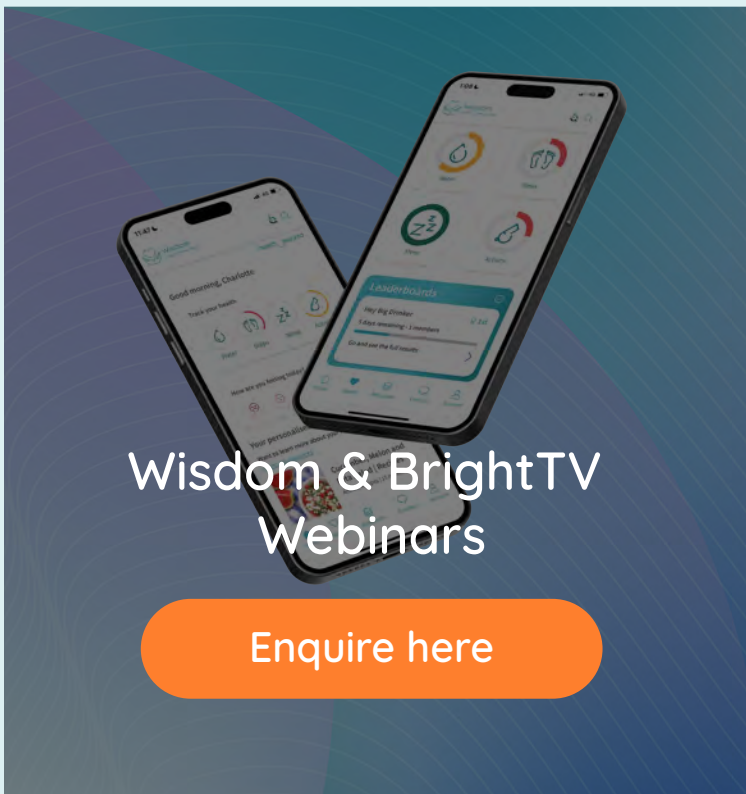
Peace of Mind Podcast

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Spotify Playlist

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Wisdom & BrightTV Webinars

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