

	January	February	March	April
Awareness Days	New Year	Time to Talk Day (01) Valentines (14)	International Women's Day (8) Uni Mental Health Day (14)	Stress Awareness Month
Recommended Training Course	Looking Back and Moving Forward A chance to reflect on the past year and positive change moving forward.	Get Connected Explore the important and different ways of connecting. Self Compassion Learn about self compassion and try some techniques.	Menopause and Mental Health Learn about Menopause and Mental Health in the Workplace. Supporting Student's Mental Health Spot the signs, symptoms and triggers of mental ill health in students.	Building Resilience to Cope with Stress Understand the importance of resilience practical tips.

	May	June	July	August
Awareness Days	Mental Health Awareness Week (13-19)	Carers Week (10-16)	Samaritans Awareness Day/The Big Listen (24)	<p>Why not think ahead and plan your training for the rest of the year!</p> <p>Book a call with our with the training manager to discuss your requirements.</p> <p>Book a call</p>
Recommended Training Course	<p>Mental Health Awareness</p> <p>Improve your understanding of mental health and wellbeing.</p>	<p>Looking After your Wellbeing – a Carers Guide</p> <p>Created with parents and carers in mind, we'll take a look at how you can look after yourself.</p>	<p>Supportive Conversations</p> <p>Increase confidence in having conversations around mental health and wellbeing in the workplace.</p>	

	September	October	November	December
Awareness Days	World Suicide Prevention Day (10)	World Mental Health Day (10) World Menopause Day (18)	International Leadership Week (18 - 24)	Winter Wellbeing
Recommended Training Courses	<p>Suicide First Aid 1 day or half day course teaching theory practice of suicide intervention skills.</p> 	<p>Menopause & Mental Health Learn about Menopause & Mental Health in the Workshop</p> <p>Mental Health First Aid (MHFA) Developed by Mental Health First Aid England internationally recognised and accredited.</p> 	<p>Managing Mental Health and Wellbeing in the Workplace Grow the confidence to support staff mental health as a line manager.</p>	<p>Winter Wellbeing Tips and techniques to look after your mental wellbeing over the winter months.</p>