

Wellbeing Awareness Event Calendar 2025

Get ready to champion inclusion & awareness in 2025!

This calendar highlights key wellbeing events throughout the year, from Mental Health Awareness Week to International Stress Awareness Week.

Each event is a chance for organisations to foster understanding, support diversity & promote a culture of care. Checkout the next page for our Wellbeing Webinar packages that could benefit your team!

JANUARY



- 1-31 Veganuary
- 1-31 Dry January
- 1-31 Love Your Liver Month
- 20 Brew Monday
- 22-28 Cervical Cancer Prevention Week
- 27 Parent Mental Health Day

FEBRUARY



- 1-28 LGBT+ History Month
- 3 National Sickie Day
- 3-9 Sexual Abuse & Violence Awareness Week
- 4 World Cancer Day
- 6 Time To Talk Day
- 7 Wear Red Day

MARCH



- 1-31 Ovarian Cancer Awareness Month
- 1 Self-Injury Awareness Day
- 6 International Women's Day
- 14 World Sleep Day
- 17-23 Neurodiversity Celebration Week
- 20 International Day of Happiness

APRIL



- 1-30 Bowel Cancer Awareness Month
- 1-30 Stress Awareness Month
- 4 Walk to Work Day
- 7 World Health Day
- 24 On Your Feet Britain
- 28 World Safety & Health at Work Day

MAY



- 1-31 Action on Stroke Month
- 1-31 May Measure Month
- 1-31 Skin Cancer Awareness Month
- 12-18 Mental Health Awareness Week
- 12-18 Learning at Work week
- 17 World Hypertension Day

JUNE



- 1-30 Pride Month
- 2-8 National Growing for Wellbeing Week
- 9-15 BNF Healthy Eating Week
- 9-15 Men's Health week
- 9-15 Loneliness Awareness Week
- 16-22 Diabetes Awareness Week

JULY



- 1-31 Talk To Us (Samaritans)
- 7-13 Alcohol Awareness Week
- 24 Samaritans Awareness Day (24/7)
- 25 National Schizophrenia Awareness Day
- 30 International Friendship Day

AUGUST



- 1-31 Swim 15 (Bowel Cancer UK)
- 7 Cycle to Work Day
- 12 International Youth Day

SEPTEMBER



- 1-30 Vascular Disease Awareness Month
- 8-14 Know Your Number Week
- 10 World Suicide Prevention Day
- 15-21 Orchid Male Cancer Awareness Week
- 29 World Heart Day

OCTOBER



- 1-31 Black History Month
- 1-31 Breast Cancer Awareness Month
- 1-31 National Cholesterol Month
- 10 World Mental Health Day
- 13-19 National Work-Life Week
- 18 World Menopause Day

NOVEMBER



- 1-30 November
- 3-9 International Stress Awareness Week
- 14 World Diabetes Day
- 19 International Men's Day
- 12 World Pancreatic Cancer Day

DECEMBER



- 1-31 Winter Wellbeing
- 2-8 Grief Awareness Week
- 3 International Day of Persons With Disabilities
- 12 National Workplace Day of Remembrance



Together. Saving lives.

Wellbeing Webinar Packages

For several years now we have run engaging, successful Wellbeing Webinars that cover all of the awareness events highlighted above. We run some for free, so anyone can join, and we've run many branded paid sessions for a wide array of our clients.

For 2025, we've created a set of high value webinar packages that will be extremely beneficial to any organisation looking to improve Wellbeing, increase wellness initiatives internally and/or grow a culture of care in their workplace.

Next year you can purchase a Wellbeing Webinar for your organisation on any of the Wellbeing Awareness Event's highlighted in the calendar above for £500, with this you get a branded, engaging webinar session on the awareness event delivered to your employees – as well as a recording of the webinar.

However, as we've noticed a significant increase in the frequency our clients are looking to book these webinars, we have created 3 packages that may be of interest:

3 PACK

When purchasing this pack you will receive:

- 3 Wellbeing Webinars (topics from awareness calendar)
- All branded Webinars
- Recording of each session
- 10% Discount

5 PACK

When purchasing this pack you will receive:

- 5 Wellbeing Webinars (topics from awareness calendar)
- All branded Webinars
- Recording of each session
- 15% Discount

12 PACK

When purchasing this pack you will receive:

- 12 Wellbeing Webinars (topics can be from awareness calendar)
- All branded Webinars
- Recording of each session
- 20% Discount
- Option to choose bespoke webinar topics for your organisation

- For the 3 Pack we would suggest these webinar topics to cover – Mental Health Awareness Week, Suicide Awareness Day & World Mental Health Day.
- For the 5 Pack we would suggest the same three above, plus – Time to Talk Day & either Men's Health Awareness Month (Movember) OR Winter Wellbeing.
- For the 12 pack we would suggest considering the topics above, but keep in mind that with this pack you can work with us and together we can produce a fully bespoke pack of 12 Wellbeing Webinar sessions specifically suited to your organisation!



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Interested?

Get in touch now to secure your Wellbeing Webinar Package for 2025:

Email – info@greencrossglobal.co.uk

OR

Call – 0330 120 0105