



# Health and Wellbeing Calendar 2026: Q2

Our Q2 content is packed with webinars, blogs, awareness materials and resources, designed to support you and engage and empower your people.



## APR

### Stress Awareness Month

-  Member video:  
[Managing stress with Champion Health](#)  
 In partnership with Champion Health
-  Blog:  
[Stress at work: How to help your people build healthier coping habits](#)

### World Autism Awareness Day


2nd April

-  Blog:  
[Autism awareness: Simple ways to be more inclusive](#)
-  Poster:  
[Autism Acceptance Month](#)



## MAY

### International Nurses Day

12th May



-  Member video:  
[Meet the people behind our care](#)

### Mental Health Awareness Month




-  Member webinar:  
[Managing Mental Health in a fast-paced world](#)  
 In partnership with PLE Health  
 Save the date: Thursday 14th May
-  Blog:  
[Mental health statistics we should all be aware of](#)

## JUN

### World Infertility Awareness Month

-  Blog:  
[Fertility support in the workplace: What every employer should know](#)
-  Member video:  
[Myths about infertility](#)  
 In partnership with Dr Morton

### Inclusivity: Pride Month

-  Member blog:  
[Your guide to understanding gender identity terms](#)
-  Blog:  
[Inclusive healthcare supporting gender-diverse employees](#)
-  Member poster:  
[LGBTQ+ facts and figures](#)