

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 poster:
[Discover the people behind your care](#)
Coming soon
-  Member video:
[Meet the people behind our care](#)
Coming soon

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
Coming soon

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](#)