

# Wellbeing Calendar

# WELLBEING CHAMPION



Well  
Wessex

## WELLBEING CHAMPION

### AWARENESS

to promote mental health support services

### WAYS TO WELLBEING

use the '5 ways to wellbeing'

### ATTITUDE

help break the stigma

### RESPOND

help Signpost Members who reach out for support

### ENVIRONMENT

encourage a caring environment which displays kindness and concern for all

Our Cricket Club is part of Somerset Cricket Foundation's Wellbeing Champion programme and...

WE PLEDGE TO BE **AWARE**



## JANUARY

1-31<sup>st</sup> Dry January

## MAY

10-16<sup>th</sup> Mental Health Awareness Week

## SEPTEMBER

10<sup>th</sup> World Suicide Prevention Day

## FEBRUARY

1-7<sup>th</sup> Children's Mental Health Week

4<sup>th</sup> Time to Talk Day

## JUNE

1-7<sup>th</sup> Volunteers' Week

## OCTOBER

10<sup>th</sup> World Mental Health Day

## MARCH

1-7<sup>th</sup> Eating Disorders Awareness Week

## JULY

24<sup>th</sup> July The Big Listen (Samaritans)

## NOVEMBER

1-30<sup>th</sup> Men's Health Awareness Month (Movember)

## APRIL

1-30<sup>th</sup> Stress Awareness Week

## AUGUST

2<sup>nd</sup> Friendship Day

12<sup>th</sup> World Friendship Day

## DECEMBER

