

Mental health at work calendar

Check out mental health for small business to view a full range of supports including mental health coaching support and one-on-one business coaching

January

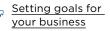
Ready Set Goal



New Years Day Holiday

20 Dec 23 to 29 Jan 24

School holidays



Support for your health and wellbeing

Fairwork for small business

February

Nutrition for life



1-29 Ovarian Cancer Awareness Month

16 Feb - 3 Mar Mardi Gras Festival

March

Mindful March



International Women's Day

14-18

Harmony Week

April

Sleep



World Health

15-26

School holidays

May

Moving Mindfully



15-21

May National Families Week

Australia's Biggest Morning Tea

June

Nutrition and Mental Health



27 May - 3 Jun

Reconciliation Week

10-16

Men's Health Week

Resources

ombudsman - Help

Resources

Get Healthy Service

Check out healthy recipes for some yummy food ideas

Resources

Free: Headspace have curated a one minute guided mediation

Free: Mindarma have curated a range of mindfulness and resilience meditations

Free: Mindarma brainfood Podcasts

Resources

Guidelines for good sleep habits

№ Watch a video - why sleep is important

Resources

Free: 5-minute Mindful breathing exercise

The Push-up Challenge

Resources

Free mental health coaching

NSW Government: Free program and tools



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July

Self-care and Mental Health



2-9 NAIDOC Week

30 International Day of Friendship

8-19 School holidays

August

Work-Life Balance



26 Daffodil Day

Wear it Purple Day

September

Mental Health **Awareness**



R U OK Day?

2-6 Women's Health Week

30 Sep - 11 Oct

School holidays

October

National Safework Month



1-31

Mental Health Month

1-31

National Safe Work Month

November

Men's Health



1-30

Movember

25

International Day for the Elimination of Violence Against Women

December

Wrap up

International Day of People with Disability

25 Christmas day Holiday

26 Boxing day holidays

23 Dec - 30 lan 25

School holidays

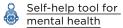
Resources

the Holidays

Resources

Selfcare strategies 8





Head to health

Resources

Free: Every step counts, join a community or register your workplace today. 10000 steps

Got a meeting? talk a walk

Resources

Register to be a R U OK? workplace champion

Wayahead Workplaces

Resources

Supporting good mental health download vour mental health month toolkit here

Small business debt helpline

Resources

Movember - get involved

Stress Less Tips for