

Health and Wellbeing Awareness Days 2026

January ☁

Dry January 📅 19 Cervical Cancer Prevention Week

🔗 G U I D E

Five Practical Actions to Support Neurodivergent Employees

[Download now](#) →

🧩 Neurodiversity

February ☁

LGBT History Month 📅 04 World Cancer Day

📅 06 International Day of Zero Tolerance for Female Genital Mutilation

📅 06 Time to Talk Day

🔗 H R P O L I C Y

Gender Identity Policy Template

[Download now](#) →

🏳️ Gender Identity

March ☁

Ovarian Cancer Awareness Month Women's History Month

Endometriosis Awareness Month Prostate Cancer Awareness Month

📅 07 Employee Appreciation Day 📅 08 International Women's Day

📅 09 Safer sleep week 📅 17 Neurodiversity Celebration Week

📅 17 Lifestyle Medicine Week

📅 31 International Trans Visibility Day

April ⚙

International Caesarian Awareness Month

Testicular Cancer Awareness Month Stress Awareness Month

📅 02 World Autism Awareness Day 📅 07 World Health Day

📅 11 Black Maternal Health Week

📅 19 National Infertility Awareness Week

May ⚙

Maternal Health Month 📅 05 Maternal Mental Health Week

📅 08 World Ovarian Cancer Day 📅 11 National Weaning Week

📅 11 Mental Health Awareness Week

🔗 G U I D E

Gender Pay Gap Action Plan Guide

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June ⚙

SANDS Awareness Month PRIDE Month 📅 15 Men's Health Week

📅 18 Autistic Pride Day

🔗 H R P O L I C Y

Pregnancy Loss Policy Template

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💖 Fertility

July ☀

Fibroids Awareness Month 📅 28 World Hepatitis Day

🔗 H R P O L I C Y

Women's Health Policy Template

[Download now](#) →

♀ Women's Health

August ☀

📅 01 World Breastfeeding Week 📅 22 National Rainbow Babies Day

🔗 G U I D E

HR Guide: Weight Management as an Employee Benefit

[Download here](#) →

☀ Lifestyle Health

September ☀

Gynaecological Cancer Awareness Month PCOS Awareness Month

Urology Awareness Month 📅 04 World Sexual Health Day

📅 10 World Suicide Prevention Day 📅 26 World Contraception Day

📅 29 World Heart Week

October 🍂

Menopause Awareness Month Black History Month

Breast Cancer Awareness Month ADHD Awareness Month

📅 09 Baby Loss Awareness Week 📅 10 World Mental Health Day

📅 18 World Menopause Day

🔗 H R P O L I C Y

Menopause Policy Template

[Download now](#) →

🍂 Menopause

November 🍂

Men's Health Awareness Month (Movember)

📅 02 Fertility Awareness Week 📅 13 Transgender Awareness Week

📅 14 World Diabetes Day 📅 19 International Men's Day

📅 21 National Adoption Day

🔗 G U I D E

Men's Health HR Handbook

[Download now](#) →

♂ Men's Health

December 🍂

📅 01 World AIDs Day 📅 02 Grief Awareness Week

🔗 H R P O L I C Y

Fertility and Family-forming Policy Template

[Download now](#) →

💖 Fertility

🧩 Family-forming