

Your wellbeing matters



Placing your wellbeing at the heart of everything we do



At Police Mutual, we exist to improve the lives of those in the Police family and we do this through helping them to make better choices today and better plans for tomorrow.

Your Wellbeing Guides 2025

January

Dry January
Blue Monday
Time Management

February

Children's Mental Health Week
Time to Talk Day
World Cancer Day
Safer Internet Day

March

Debt Awareness Week
National No Smoking Day
Self Injury Awareness Week

April

World Health Day
National Stress Awareness Month
World Autism Month

May

Women's Health Week
Mental Health Awareness Week
Getting Ready for Summer
Dementia Action Week

June

Men's Health Week
Loneliness Awareness Week
Carer's Week
Healthy Eating Week

July

International Friendship Day
National Parents Day
Samaritans Awareness Day
Self Care Day

August

Musculoskeletal problems
Change and Resilience

September

Sleeptember
Know your Numbers (blood pressure) Week
World Suicide Prevention Day
National Fitness Day

October

World Mental Health Day
World Menopause Day
Stoptober
Winter Wellbeing

November

International Stress Awareness Week
Talk Money Week
World Diabetes Day
Anti-bullying Month

December

National Grief Awareness Week
International Day of People with Disabilities
International Volunteer's Day

Our **Let's Talk Money** newsletters are designed to help you stay financially fit with guides each month providing helpful information on topics covering everything from everyday finances, financial resilience, family finances, pensions and debt.

Our **Wellbeing** guides are linked to key notable awareness dates. They focus on topics across the 4 pillars of wellbeing – physical, mental, financial and social, to help you look after your overall wellbeing.

At Police Mutual were here to help -

- Promote positive financial wellbeing
- Officers and Staff make better financial decisions
- Build financial resilience
- Encourage people to talk openly about their finances and seek support when they need it

To read all our Wellbeing guides take a look at the Wellbeing Hub [here](#). To read our Let's Talk Money guides take a look at the Hub [here](#).

Visit policemutual.co.uk

Call 0151 242 7640