

2025 BSS Psychology Wellbeing Calendar



JULY

Managing Conflict at work and at home



AUGUST

Managing Anxiety and Depression



SEPTEMBER

Building Resilience

6-13 NAIDOC Week

2025 is the 50th anniversary of NAIDOC Week. In addition to this milestone, this year's theme is around "The Next Generation: Strength, Vision, and Legacy." Celebrating achievements of the past and the bright future ahead, empowered by the strength of young leaders, the vision of communities, and the legacy of First Nations ancestors.



11-15 Bullying No Way: National Week of Action

Bullying No Way Week is Australia's key bullying prevention initiative for schools. It provides an opportunity for schools to create a shared understanding about bullying behaviours and share their bullying prevention policies and strategies. Bullying and harassment in its various forms, can also exist in the workplace. We have developed a [Conflict Management Program](#) to help with identifying and managing these issues. Visit our website to find out more.

BULLYING NO WAY

10 WORLD SUICIDE PREVENTION DAY

11 R U OK? Day A conversation could change a life | R U OK?

R U OK? Day is a reminder regular, meaningful conversations with the people close to us can help prevent small things from becoming big things. By checking in regularly, we build trust and normalise talking about what's really going on. So don't just wait for R U OK? Day on September 11, be proactive with your mental health, complete a check in with our [Wellness Support Program](#) or book a session with your EAP and don't forget to check in on a mate.



Webchat

Did you know you can now instant message us via the chat function on our website? Our dedicated support team are online throughout our opening hours to answer your questions and help with concerns.



29 Wear It Purple Day

At BSS we are committed to building an inclusive culture that celebrates the diversity represented in our community. We welcome all people regardless of age, gender identity, ethnicity, ability, sexuality, faith, religion, and all other identities represented in our community.

WEAR IT PURPLE



Understanding Conflict in the Workplace Webinar



Stress, Anxiety & Burnout Webinar



How Resilient People Manage Stress Webinar

