

# 2026 Q4 BSS Psychology Wellbeing Calendar

## OCTOBER

### Mental Health Month



#### It's Mental Health Month - So Let's Talk

October is Mental Health Month, and a reminder that all aspects of our lives can impact our mental health. From sleep, diet and relationships to exercise, social media and our workplace. Checking in with each other or your EAP can make all the difference.

**02** INTERNATIONAL DAY OF NON VIOLENCE

**10** WORLD MENTAL HEALTH DAY

**18** WORLD MENOPAUSE DAY

Menopause is a natural stage of life; however, it remains widely misunderstood and is often accompanied by stigma and silence. We need to encourage open and respectful conversations that promote listening, understanding and meaningful support. Menopause is relevant to everyone. Taking the time to listen and learn can make a meaningful difference to someone you know, care for or work alongside.



Menopause and peri menopause



## NOVEMBER

### Mental Health In New Families



#### Sleepless Nights, Big Emotions, Support Is Here

It is not uncommon for young parents to experience some significant challenges when adding a new member to the family.

Sleep disruption, less time for regular chores and hobbies, less time for other family members including your partner and other children, and less social interactions in general are all in the norm. Whilst it is important to hold onto a sense of hope and resilience in getting through the tough times, it's also important to be honest with yourself and those around you when you aren't coping.

You aren't alone. It's important to talk about it with your partner or a trusted friend or reach out for professional help.

Your EAP can provide support with relationships and family life, including guidance on helping children develop appropriate behaviours at different stages of development. It can also provide practical strategies for effective communication and support with family challenges such as parental separation, sibling rivalry and navigating changes within the family.

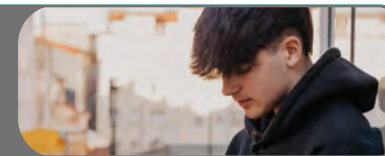


**19** INTERNATIONAL MEN'S DAY 

**22-28** PERINATAL MENTAL HEALTH WEEK



Parenting neurodivergent children



## DECEMBER

### Oh What Fun



#### I'll Not Be Home For Christmas

Relationships can be challenging to manage at the best of times, and can become especially difficult to manage over the holidays. It's a time when things could already be stressful and overwhelming, so being at work and away from loved ones can feel isolating. Prioritising self care is essential during this time, whether it is spending time with friends at work or taking time out for yourself.

When it comes to managing relationships during the holidays, communication with loved ones is key. It allows you to manage expectations of what this period will look like for you, if you are missing out on family events. It can also be an opportunity to plan ways to create new holiday rituals or celebrations that feel special for you and your loved ones when you return home.

It is never easy being separated from family and friends during this time of year, if you need additional support over the holidays, please contact our team to arrange a session with our Clinicians who can provide you with support either via phone, online or in person.



**10** WORLD HUMAN RIGHTS DAY

**25** CHRISTMAS DAY 



The silliness of the silly season

