MORTGAGE INDUSTRY
Mental Health Charter

2024 Wellbeing Calendar

JANUARY

DRY JANUARY

15th: BLUE MONDAY

FEBRUARY

LGBTQ HISTORY MONTH

1st: TIME TO TALK DAY

5-12th: RACE EQUALITY WEEK

28th FEB - 5th MAR: EATING DISORDERS AWARENESS

MARCH

MIMHC ANNUAL WELLBEING SURVEY

8th: INTERNATIONAL WOMEN'S DAY

15th: WORLD SLEEP DAY

11th: NUTRITION & HYDRATION WEEK

18th - 24th: NEURODIVERSITY CELEBRATION WEEK

APRIL

STRESS AWARENESS MONTH
MIMHC ANNUAL WELLBEING SURVEY RESULTS

21st-27th: FERTILITY AWARENESS WEEK

22nd: EARTH DAY

MAY

MIMHC ANNUAL WHITE PAPER
MIMHC WALK & TALK WEEK
MIMHC TAMWORTH TO LONDON WALK

13th-19th: MENTAL HEALTH AWARENESS WEEK

17th: DAY AGAINST HOMOPHOBIA & TRANSPHOBIA

21th: WORLD MEDITATION DAY

JUNE

PRIDE MONTH

10th-16th: MEN'S HEALTH WEEK

10th-16th: CARERS WEEK

17th-23th: LEARNING DISABILITY WEEK

21st: INTERNATIONAL YOGA DAY

JULY

3rd-9th: ALCOHOL AWARENESS WEEK

AUGUST

30th: GRIEF AWARENESS DAY

SEPTEMBER

MIMHC MEETING OF MINDS

10th: WORLD SUICIDE PREVENTION DAY

OCTOBER

BLACK HISTORY MONTH
SOBER OCTOBER
MIMHC ANNUAL CHARITY DINNER

9th-15th: BABY LOSS AWARENESS WEEK

7th-11th: WORK LIFE WEEK

10th: WORLD MENTAL HEALTH DAY

18th: WORLD MENOPAUSE DAY

NOVEMBER

MEN'S HEALTH MONTH

6th: STRESS AWARENESS DAY

11th-17th: TALK MONEY WEEK

13th-19th: TRANSGENDER AWARENESS WEEK

14th: WORLD DIABETES DAY

19th: INTERNATIONAL MEN'S DAY

DECEMBER

MIMHC MEETING OF MINDS

2nd-8th: GRIEF AWARENESS WEEK



MIMHC will also champion '**Mindful Mondays**' which are intended to provide a dedicated time for industry professionals to meet for a coffee and a chat, promoting a sense of community and lasting connections while simultaneously breaking down all stigmas surrounding mental health conversations.

MIMHC ambassadors will be actively advocating for mental health awareness at mortgage club and mortgage network events throughout the year.

Meeting Of Minds are 'Virtual events' where SSG members will discuss latest Mental health and well-being topics plus share Best practices.

Keeping the mental health conversation going.

www.mimhc.co.uk

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