

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 2026

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
[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](#)
Baby Loss Awareness Week

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 we're 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