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HealthHero

Upcoming Webinars 2026



Month	Themes	Synopsis
July	Supporting your Wellbeing and Resilience before the Holidays	An action plan to support wellbeing, reduce overwhelm, and highlight strategies to build the rest and resilience you need to thrive before the holidays.
August	Neurodiversity Awareness for Parents	Understanding how neurodivergence affects each child differently, while guiding parents with simple, practical ways to offer the right support.
September	Suicide Awareness	Recognising signs of distress, understanding that suicide is not inevitable, and learning how you can help.
October	Psychological aspects of Menopause	Exploring the psychological signs and symptoms of menopause, how to cope, and ways to support family, friends and colleagues.
November	Men's Mental Health	How open conversations and support networks can reduce stigma and improve awareness of men's mental health.
December	Looking after Winter Wellbeing	Understanding conditions like Seasonal Affective Disorder (SAD) and how to improve your self-care through the winter months.