

November 2025

Men's Workplace Wellbeing Calendar

1ST



Join the global movement tackling mental health, suicide, prostate and testicular cancer.

[Learn More](#)

2ND



Men's health information and advice.

[Learn More](#)

3RD



It's strongly recommended you get vaccinated if you're eligible this winter.

[Learn More](#)

4TH



November is mouth cancer action month.

[Learn More](#)

5TH



Survival for testicular cancer is very high. Learn how to self-check.

[Learn More](#)

6TH



Drinking above the recommended limits puts you at increased risk of physical and mental health problems.

[Learn More](#)

7TH



76% of people felt less anxious after joining a Men's Shed.

[Learn More](#)

8TH



Learn about the signs of problem gambling, how it might affect you and where to get support.

[Learn More](#)

9TH



Money worries? Your local council may be able to help with the cost of food, heating and electricity.

[Learn More](#)

10TH



Information, links and resources for people living with diabetes.

[Learn More](#)

11TH



Everyone should have the right to live life to the full after a stroke or diagnosis of a chest or heart condition.

[Learn More](#)

12TH



Raise awareness about breast cancer in men.

[Learn More](#)

13TH



Creating hope together - support and information for anyone affected by suicide.

[Learn More](#)

14TH



1 in 8 men get prostate cancer. Assess your risk in only 30 seconds here.

[Learn More](#)

15TH



Prioritise your mental health, happiness and well-being.

[Learn More](#)

16TH



Keep yourself accountable and use the Try Dry app to track your time off drinking.

[Learn More](#)

17TH



Advice about driving safely in the winter months.

[Learn More](#)

18TH



Free condoms, contraception advice and information on sexual health.

[Learn More](#)

19TH



Today is International Men's Day 2025 - find out how you can get involved.

[Learn More](#)

20TH



One in five workers feel lonely at work on a typical working day.

[Learn More](#)

21ST



Learn about how to spot skin cancer (melanoma).

[Learn More](#)

22ND



Recognise the symptoms of work related stress and learn how to manage it.

[Learn More](#)

23RD



Quitting smoking benefits you as well as those around you.

[Learn More](#)

24TH



Why men need to talk about mental health.

[Learn More](#)

25TH



Information on the health benefits of exercise and how to keep active.

[Learn More](#)

26TH



Bowel cancer screening can save lives.

[Learn More](#)

27TH



WHSS provides free and confidential advice and health support for employees with a health condition that is impacting on their work.

[Learn More](#)

28TH



Information about drugs and drug use.

[Learn More](#)

29TH



Learn how smoking has a direct impact on your mental health and wellbeing.

[Learn More](#)

30TH



Your one stop health information point, offering free advice and access to reputable services.

[Learn More](#)