

MENTAL HEALTH AWARENESS DAYS CALENDAR 2024



JANUARY

15TH BLUE/BREW MONDAY



FEBRUARY

1ST TIME TO TALK DAY
5-11TH
CHILDRENS MENTAL
HEALTH AWARENESS WEEK
17TH
RANDOM ACTS OF
KINDNESS DAY
28-5TH MARCH
EATING DISORDERS
AWARENESS WEEK



MARCH

1ST SELF INJURY AWARENESS DAY
8TH
INTERNATIONAL WOMEN'S DAY
14TH
UNIVERSITY MENTAL HEALTH DAY
15TH WORLD SLEEP DAY
20TH INTERNATIONAL DAY OF
HAPPINESS
18-24TH NEURODIVERSITY
CELEBRATION WEEK
30TH WORLD BI-POLAR
AWARENESS DAY



APRIL

2-8TH WORLD AUTISM
ACCEPTANCE WEEK
7TH
WORLD HEALTH DAY
28TH
WORLD HEALTH AND SAFETY
AT WORK DAY



MAY

13-19TH MENTAL HEALTH
AWARENESS WEEK
21ST
WORLD MEDITATION DAY
29-5TH JUNE
MATERNAL MENTAL HEALTH
AWARENESS WEEK



JUNE

MEN'S HEALTH MONTH

21TH
INTERNATIONAL FATHER'S
MENTAL HEALTH DAY

NATIONAL WALKING MONTH



JULY

24TH SAMARITANS
AWARENESS DAY
24TH SCHIZOPHROENIA
AWARENESS DAY



AUGUST

ALTRUISTIC AUGUST

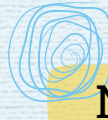
SEPTEMBER

10TH WORLD SUICIDE
PREVENTION DAY
23-27TH (TBC)
HAPPINESS AT WORK WEEK



OCTOBER

10TH WORLD MENTAL
HEALTH DAY
18TH
WORLD MENOPAUSE DAY
13-19TH
OCD AWARENESS WEEK



NOVEMBER

4-8TH INTERNATIONAL
STRESS AWARENESS WEEK
MOVEMBER - MEN'S HEALTH

DECEMBER

5TH INTERNATIONAL
VOLUNTEER DAY



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MENTAL HEALTH AWARENESS DAYS CALENDAR 2025



JANUARY

3RD MONDAY
BREW MONDAY



FEBRUARY

6TH TIME TO TALK DAY
1ST WEEK
CHILDREN'S MENTAL
HEALTH WEEK
LATE FEBRUARY/ EARLY
MARCH
EATING DISORDERS
AWARENESS WEEK
TBC RANDOM ACTS OF
KINDNESS DAY



MARCH

1ST SELF INJURY AWARENESS DAY
8TH INTERNATIONAL WOMEN'S DAY
TBC
UNIVERSITY MENTAL HEALTH DAY
14TH
WORLD SLEEP DAY
20TH
INTERNATIONAL DAY OF HAPPINESS
30TH
WORLD BI-POLAR DAY
TBC
NEURODIVERSITY CELEBRATION
WEEK



APRIL

7TH WORLD HEALTH DAY
28TH
WORLD HEALTH AND SAFETY
AT WORK DAY
24-28TH
WORLD AUTISM ACCEPTANCE
WEEK



MAY

MID-MAY MENTAL HEALTH
AWARENESS WEEK
TBC MATERNAL MENTAL
HEALTH AWARENESS WEEK
21ST
WORLD MEDITATION DAY

NATIONAL WALKING MONTH



JUNE

MEN'S HEALTH MONTH

LATE JUNE INTERNATIONAL
FATHER'S MENTAL HEALTH DAY



JULY

24TH SAMARITANS
AWARENESS DAY
24TH
SCHIZOPHRENIA
AWARENESS DAY



AUGUST

ALTRUISTIC AUGUST

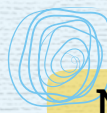
SEPTEMBER

10TH WORLD SUICIDE
PREVENTION DAY
LATE SEPTEMBER
HAPPINESS AT WORK WEEK



OCTOBER

10TH WORLD MENTAL
HEALTH DAY
18TH
WORLD MENOPAUSE DAY
2ND WEEK
OCD AWARENESS WEEK



NOVEMBER

TBC INTERNATIONAL STRESS
AWARENESS WEEK
MOVEMBER - MEN'S HEALTH

DECEMBER

5TH INTERNATIONAL
VOLUNTEER DAY



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