



2022 MENTAL HEALTH SUPPORT AWARENESS CALENDAR

JANUARY National Mentoring Month 2022

So why mentor someone?

Mentoring can have a significant impact on a young person's life, prospects and outlook. It is a keyway of ensuring that young colleagues know that they have someone on hand that they can rely on, provide emotional support, educational and career guidance and generally be there to guide them.

FEBRUARY Time to Talk Day –

Time to Talk Day brings the nation together to get talking and break the silence around mental health problems, the First Thursday of the month & Children's mental health week This year's Children's Mental Health Week is taking place on 1-7 February 2021 and the theme is Express Yourself.

Place2Be launched Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. We hope to encourage more people than ever to get involved and spread the word.

MARCH- Self-Injury Awareness Day

SIAD occurs on 1st March every year and has done so for over 18 years. SIAD is an international event that is aimed at raising the awareness on SIAD and promoting workplace support. –Every March Endometriosis Month takes place across the world, with the aim of increasing awareness and highlighting the symptoms of this debilitating condition- World Bipolar Day – 30 March every year

April Stress Awareness Month

What could you do for Stress Awareness Month-

Talk about Stress and its effects to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues. Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and, in the meantime, it might help you take your focus off your own challenges. Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through with wit with compassion and empathy.

May Mental Health Awareness Week – The event has grown to become one of the biggest awareness weeks across the UK and globally. Mental Health Awareness Week 2022 will take place **9-15 May** on the topic of Loneliness.

June Volunteers week – First week in June every year Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make in supporting the mental wellbeing of others. This is the month to say thanks to our Mental Health First Aiders/Champions/Advocates who all volunteer themselves for a role primarily aimed at supporting others.

JULY – Talk to us Month

Talk to Us is The Samaritans annual awareness-raising campaign, which aims to highlight the work of the charity and the help it can provide. Every July, Samaritans branches across the UK and Ireland hold local events to talk about the services they offer in their communities. It's also a good chance to encourage everyone to have a conversation about mental health and wellbeing. Whether it is picking up the phone, dropping someone an email or having a chat over a cuppa, every conversation can make a difference. Whatever you're going through, you can call the Samaritans free any time, from any phone, tel: 116 123.

AUGUST- Never Give Up Day

Never Give Up Day 18th August internationally- is about a mindset of determination to help us get through even the hardest of challenges. It's about **motivating others, inspiring ourselves** and remembering that even in hard times, the hardest, we can keep going "Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'

SEPTEMBER- World Suicide Prevention Day –

We observe World Suicide Prevention Day each year on September 10th. It's a growing problem and the numbers tell a shocking story. Every 40 seconds someone takes their own life according to the World Health Organization (WHO). That's about 800,000 people worldwide every year — although some estimates put that number closer to 1 million. Suicide is the leading cause of death for people aged 15 to 29 and for every suicide that results in death, there are as many as 40 attempted suicides.

OCTOBER- World Mental Health Day –

On 10 October, the World Health Organisation (WHO) observes World Mental Health Day. The event is meant to increase public awareness about the importance of mental health, mental health services, and mental health workers worldwide.

NOVEMBER -National Stress Awareness Day -

2 November 2022

National Stress Awareness Day was set up by the International Stress Management Association, with the mission of raising awareness of the effects of psychological distress in the workplace and the long-lasting effects of work related stress and the promotion of strategies to address it

DECEMBER- Grief Awareness Week

from **2 – 8 December 2021**. One of the messages from the Good Grief Trust, who run the week, is, 'Your story could be someone else's hope' this campaign aims to raise **awareness** of the impact of **grief** ... To create a unified voice for all **bereavement** support services.

These are just some of the Awareness days that we can promote- Our main message needs to be that EVERY DAY WE ARE HERE TO SUPPORT.

IT'S OK NOT TO BE OK

End
The
Stigma



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