# **Mental Health & Emotional Wellbeing Campaign Days**

# **Calendar**

We have provided a list of key emotional wellbeing and mental health campaign dates for you to be aware of below. A link for each campaign has been added to help you get started, should you wish to celebrate them in your setting.

**September**

Month

* [Child Cancer Awareness Month](https://www.icr.ac.uk/news-features/childhood-cancer-awareness-month#:~:text=September%20is%20Childhood%20Cancer%20Awareness,support%20us%20all%20year%20round.)

Week

* [National Suicide Prevention Week](https://hr.nih.gov/working-nih/civil/national-stress-awareness-month) (6th – 12th September)
* [Sexual Health Week](https://www.place2be.org.uk/about-us/childrens-mental-health-week/) (11th – 17th September)
* [International Happiness at Work week](https://uk.movember.com/)  (18th – 24th September)
* [International Week of Happiness at Work (](https://www.twinkl.co.uk/event/world-health-day-usa-2024)25th – 29th September)
* [UK National Inclusion Week](https://isma.org.uk/isma-international-stress-awareness-week) (25th September – 1st October 2023)

Day

* [Work Suicide Prevention Day](https://www.papyrus-uk.org/world-suicide-prevention-day/#:~:text=World%20Suicide%20Prevention%20Day%20(WSPD,around%20the%20world%20since%202003.) (10th September)
* [Youth Mental Health Day](https://stem4.org.uk/youthmentalhealthday/?gclid=EAIaIQobChMI9_j17OP0gAMVJIlQBh3YxggUEAAYASABEgLanfD_BwE) (19th September)
* [Happiness at Work](https://www.livingstreets.org.uk/walk-to-school/primary-schools/walk-to-school-week/) (20th September)
* [National Fitness Day](https://www.healthwatchharingey.org.uk/event/2024-03-01/zero-discrimination-day-march-2024#:~:text=When%20is%20National%20Fitness%20Day,be%20held%20on%2020th%20September.) (20th September)
* [International Day of Sign Language](https://www.annafreud.org/news/anna-freud-centre-supports-international-borderline-personality-disorder-awareness-month/) (23rd September)
* [World’s Biggest Coffee Morning](https://coffee.macmillan.org.uk/) (29th September)

**October**

Month

* [Sober October](https://www.gosober.org.uk/)
* [Black History Month](https://www.nhsprofessionals.nhs.uk/health-and-wellbeing/helpful-links/mens-health-week)
* [Breast Cancer Awareness Month](https://www.princes-trust.org.uk/support-our-work/volunteer/volunteer-tools-tips/mentoring-young-person)
* [ADHD Awareness Month](https://www.twinkl.co.uk/event/pride-2024)

Week

* [National Work Life Week](https://workingfamilies.org.uk/nationalworklifeweek/?gclid=EAIaIQobChMIrvGRnub0gAMVGNvtCh27-giCEAAYASAAEgJ0rvD_BwE) (2nd – 6th October)
* [OCD Awareness Week](https://www.silvercloudhealth.com/uk/blog/international-ocd-awareness-week) (10th-16th October)
* [International Stress Awareness Week](https://www.healthassured.org/blog/deaf-awareness-week-2024/) (30th October – 3rd November)

Day

* [World Teacher Day](https://www.samaritans.org/support-us/campaign/talk-us/) (5th October)
* [World Mental Health Day](https://essexcountycouncil-my.sharepoint.com/personal/beth_brown_essex_gov_uk/Documents/Desktop/Active%20Items%20to%20Sort%20Later/Summer%20Holiday%20sorting/Work/DMHL%20Newsletter/%E2%80%A2%09https:/internationalweekofhappinessatwork.com/) (10th October)
* [World Mental Health Day](https://www.mind.org.uk/get-involved/world-mental-health-day/) (10th October)
* [National Coming Out Day](https://www.twinkl.co.uk/resources/rse-additional-content-relationships-and-sex-education-ks3-ks4/rse-events-rse-relationships-and-sex-education-ks3-ks4/coming-out-day-rse-relationships-and-sex-education-ks3-ks4) (11th October)
* [World Menopause Awareness Day](https://www.unesco.org/en/days/cultural-diversity-dialogue-development) (18th October)
* [International Stammering Awareness Day](https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week) (22nd October)

**November**  
  
Month

* [Movember](https://www.twinkl.co.uk/event/national-sun-awareness-week-2024)– Men’s Health Awareness Month
* [Disability History Month](https://www.imsociety.org/education/world-menopause-day/) (16 November – 16 December)

Week

* [Interfaith Week](https://www.interfaithweek.org/about) (12-19 November)
* [Anti-Bullying Awareness Week](https://www.kidscape.org.uk/resources-and-campaigns/anti-bullying-week-and-friendship-friday/?gad=1&gclid=EAIaIQobChMIoNDl-uT0gAMV2dbtCh1IeQaAEAAYASAAEgLLB_D_BwE) (13– 17 November)
* [Trans Awareness Week](https://www.ptsduk.org/ptsdawarenessmonth/) (13 – 19 November)
* [National Self-care Week](https://www.thensf.org/sleep-awareness-week/) (13 – 19 November)

Day

* [National Stress Awareness Day](https://www.cancerresearchuk.org/volunteers-week) (2 November)
* [World Kindness Day](https://schoolofkindness.org/world-kindness-day?gclid=EAIaIQobChMI7eH-v-z0gAMVzcztCh3qrAROEAAYASAAEgKms_D_BwE) (13 November)
* [International Day of Tolerance](http://www.toleranceday.org/) (16 November)
* [International Mens Day](https://www.awarenessdays.com/awareness-days-calendar/international-childrens-day-2024/) (19 November)
* [International Survivors of Suicide Loss Day](https://www.brook.org.uk/shw/) (21 November)

**December**

Day

* [World Aids Day](https://www.mencap.org.uk/learningdisabilityweek) (1 December)
* [International Day of Persons with Disabilities](https://www.who.int/campaigns/international-day-of-persons-with-disabilities) (3December)
* [International Volunteers Day](https://www.un.org/en/observances/volunteer-day) (5 December)
* [Human Rights Day](https://www.rethink.org/get-involved/awareness-days-and-events/stress-awareness-day/) (10 December)

**January**

Month

* [National Mentoring Month](https://www.twinkl.co.uk/event/world-sleep-day-2024)
* [Dry January](https://www.twinkl.co.uk/event/international-random-acts-of-kindness-day-2024)

Week

* [Samaritans Brew Monday (15th January)](https://www.samaritans.org/support-us/campaign/brew-monday/?gad=1&gclid=CjwKCAjwvrOpBhBdEiwAR58-3OtLgjXNvXMz69IiPB2Z93uLlS1SGWyelQNnaBsIXLY26cqz9X8euRoCoLsQAvD_BwE)

**February**

Month

* [International Boost Self-Esteem Month](https://www.youngminds.org.uk/young-person/blog/six-ways-you-can-boost-your-self-esteem?gclid=CjwKCAjwvrOpBhBdEiwAR58-3GmLqYxZWSE1KUx6UqBeu4C74eQ9HHpPLCJ3TDiqsj-I0L6-cTopCRoCebQQAvD_BwE)
* [LGBT+ History Month](https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-suicide-prevention-day/?gclid=CjwKCAjwvrOpBhBdEiwAR58-3KGpWajjVt8DYBn-FiGf6Li-Y-94YXBFyIOAoN1BkmQREVk2f9yorxoCmSIQAvD_BwE)

Week

* [Children’s mental health week (5 – 11 February)](https://internationalweekofhappinessatwork.com/#:~:text=Children%27s%20Mental%20Health%20Week%202024,place%20from%205%2D11%20February!)
* [Random Acts of Kindness Week (17 February)](https://www.selfcareforum.org/events/self-care-week/)
* [National Eating Disorders Awareness Week (28 February – 5 March)](https://www.stonewall.org.uk/resources/lgbt-history-month-activities-secondary-schools-and-colleges)
* [National Apprenticeship Week (5 - 11 February)](https://naw.appawards.co.uk/)

Day

* [Time to talk day (1 February)](https://www.twinkl.co.uk/event/adhd-awareness-month-2021-2023#:~:text=Time%20to%20Talk%20Day%20is,want%20you%20to%20take%20part.)
* [World Cancer Day (4 February)](https://nationaltoday.com/international-week-of-happiness-at-work/?gclsrc=aw.ds&gclid=cjwkcajwvropbhbdeiwar58-3ce4sxi2jwoh3zpmkx4qjmpe7-emrgg5v6adm4iixalfqgna4rqekbocrq0qavd_bwe)
* [Number Day (2 February)](https://yo-yodesk.co.uk/pages/get-britain-standing)

**March**

Month

* [Self-harm Awareness Month (tbc)](https://www.un.org/en/observances/sign-languages-day)
* [National Developmental Disabilities Awareness Month](https://www.twinkl.co.uk/event/developmental-disabilities-awareness-month-2024)

Week

* [Eating Disorders Awareness Week](https://edaw.beateatingdisorders.org.uk/) (26 February – 3 March)
* [Sleep Awareness Week](https://www.iasp.info/2023/03/01/self-injury-awareness-day/#:~:text=March%2010%2D16%2C%202024,toss%2Dand%2Dturn%20about.) (10 – 16 March)
* [Sleep Awareness Week](https://www.twinkl.co.uk/event/world-teachers-day-2023#:~:text=March%2010%2D16%2C%202024) (10-16 March)
* [National Drug and Alcohol Facts Week](https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day) (18 – 24 March)
* [Nutrition and Hydration Week](https://nutritionandhydrationweek.co.uk/) (11-17 March)
* [Neurodiversity Celebration Week](https://www.twinkl.co.uk/event/neurodiversity-celebration-week-2024) (18 – 24 March)

Day

* [Self-injury Awareness Day](https://www.inclusiveemployers.co.uk/national-inclusion-week/) (1st March)
* [Zero Discrimination Day](https://www.stonewall.org.uk/cy/node/140976) (1st March)
* [University Mental Health Day](https://www.stonewall.org.uk/about-us/blog/trans-day-visibility-global-perspective) (14th March)
* [World Down Syndrome Day](https://awww.worlddownsyndromeday.org/?gad_source=1&gclid=CjwKCAiA1-6sBhAoEiwArqlGPmBYB05knl3TyT8jIs2C-e2B8PIaeeSi9K88TPmPMy6WM9O5T6SeuRoC-7IQAvD_BwE) (21 March)
* [World Bipolar Day](https://www.bipolaruk.org/bipolar-awareness-day?gclid=CjwKCAiA1-6sBhAoEiwArqlGPrMPJHm85Y0yTAq4isjrmk0t5wTGVVxgmvc8cxWtY78idw7l9BP_HxoC480QAvD_BwE) (30th March 2024)
* [International Women’s Day](https://www.worldaidsday.org/#:~:text=Join%20us%20on%20March%208,issue%3A%20Time%20is%20running%20out.) (8th March)
* [World Sleep Day](https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/stories/world-cancer-day-stories) (15 March)
* [International Transgender Day of Visibility](https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/number-day/) (31 March)
* [National No Smoking Day](https://www.twinkl.co.uk/event/disability-history-month-2023#:~:text=March%2013,to%20take%20that%20crucial%20step.) (13 March)
* [International Day of Happiness](https://www.twinkl.co.uk/event/international-day-of-happiness-2024) (20 March)

**April**

Month

* [Stress Awareness Month](https://www.mind.org.uk/get-involved/time-to-talk-day-2024/)
* [Alcohol Awareness Month](https://mentallyhealthyschools.org.uk/resources/black-history-month-resources/)
* [National Autism Awareness Month](https://breastcancernow.org/get-involved/breast-cancer-awareness-month)
* [Sexual Assault Awareness and Prevention Month](https://www.un.org/en/observances/human-rights-day#:~:text=Sexual%20abuse%20includes%20being%20touched,hard%20to%20speak%20out%20about.)

Week

* [World Autism Acceptance Week](https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2024) (2-8 April)

Day

* [World Autism Awareness Day](https://www.twinkl.co.uk/event/world-autism-acceptance-week-aus-2024) (2 April)
* [World Health Day](https://edaw.beateatingdisorders.org.uk/) (7 April)
* [On Your Feet Britain](https://www.mentalhealthatwork.org.uk/toolkit/international-survivors-of-suicide-day/#gsc.tab=0) (27 April)

**May**

Month

* [Borderline Personality Disorder Awareness Month](https://alcoholchange.org.uk/get-involved/campaigns/dry-january-for-workplaces)
* [National Walking Month](https://www.twinkl.co.uk/event/national-walking-month-scotland-2024#:~:text=May%201%2C%202024%20%2D%20May%2031%2C%202024&text=Walk%20to%20School%20or%20Work,part%20of%20the%20way%20instead.)

Week

* [Mental Health Awareness Week](https://www.twinkl.co.uk/event/mental-health-awareness-week-2024#:~:text=Mental%20Health%20Awareness%20Week%202024%20will%20take%20place%20from%2015,will%20be%20perfect%20for%20you.) (15– 21 May)
* [Walking to School Week](https://www.thensf.org/sleep-awareness-week/) (20 – 24 May)
* [Sun Awareness Week](https://westutter.org/what-is-stuttering/international-stuttering-awareness-day/) (1 – 7 May)
* [Deaf Awareness Week](https://www.unimentalhealthday.co.uk/#:~:text=Deaf%20Awareness%20Week%202024%20will,how%20they%20can%20support%20them.) (1 – 7 May)
* [Equality, Diversity, and Human Rights Week](https://www.nhsemployers.org/articles/equality-diversity-and-human-rights-week-2023) (9 - 12 May)
* [UK Maternal Mental Health Matters Awareness Week](https://maternalmentalhealthalliance.org/about-maternal-mental-health/maternal-mental-health-awareness-week/#:~:text=Maternal%20Mental%20Health%20Awareness%20Week%202024,to%20Sunday%205%20May%202024.) (29– 5 May)

Day

* [Worlds Day for Cultural Diversity](https://www.talktofrank.com/) (21 May)
* [International Day Against Homophobia, Transphobia and Biphobia](https://www.talktofrank.com/drug/alcohol?gclid=CjwKCAiA1-6sBhAoEiwArqlGPktHon8wsj0en3krrtK4EF51I2qkzxyrTseqr-VDSW1mjAtg4ez35xoClIwQAvD_BwE) (17 May)

**June**

Month

* [Pride Month](https://www.twinkl.co.uk/event/autism-acceptance-month-usa-2024#:~:text=June%201%2C%202024%20%2D%20June%2030%2C%202024&text=Pride%20Month%20takes%20place%20every,influence%20of%20the%20LGBTQ%2B%20community.)

Week

* [Men’s Health Week](https://www.youngminds.org.uk/young-person/my-feelings/self-harm/) (12 – 18 June)
* [Worlds Wellbeing Week](https://www.twinkl.co.uk/event/world-wellbeing-week-2024#:~:text=When%20is%20World%20Wellbeing%20Week,26th%20to%2030th%20June%202024.) (26 – 30 June)
* [Volunteers’ Week](https://www.un.org/en/observances/womens-day) (1 – 7 June)
* [Cervical Screening Awareness Week](https://internationalmensday.com/#:~:text=17th%20%2D%2023rd%20June%202024,who%20find%20cervical%20screening%20difficult.) (17-23 June)
* [Learning Disability Week](https://psychiatry-uk.com/international-fathers-mental-health-day/) (17-23 June)

Day

* [International Children’s Day](https://www.awarenessdays.com/awareness-days-calendar/national-no-smoking-day-2024/#:~:text=June%201,involving%20or%20dedicated%20to%20children.) (1 June)
* [International Fathers’ Mental Health Day](https://www.twinkl.co.uk/event/national-fitness-day-2023) (19 June)
* [PTSD Awareness Day](https://www.youngminds.org.uk/young-person/coping-with-life/abuse/) (27 June)

**July**

Day

* [National Schizophrenia Awareness Day](https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/national-schizophrenia-awareness-day/?gad_source=1&gclid=CjwKCAiA1-6sBhAoEiwArqlGPtMubO-6wjQtZb99Jjm3bKmmN7rTh3NRsrh4fhhzCJJ_W_PX83oWXBoCLhMQAvD_BwE) (25 July 2024)
* [World Friendship Day](https://www.twinkl.co.uk/event/international-day-of-friendship-usa-2024#:~:text=International%20Day%20of%20Friendship%202024%20falls%20on%20Sunday%2C%20July%2030th.) (30 July)
* [Samaritans Awareness Day](https://mermaidsuk.org.uk/trans-awareness-week/?gad_source=1&gclid=CjwKCAiA1-6sBhAoEiwArqlGPhDjXHGLBATlz6NSBmkrBRgGSZ5VTHDqPlRcm-Nxq1XMI1hWLn8r6RoCuHYQAvD_BwE) (24 July)