

Mental health: Calendar



Month	Mental Health related event/day
January	<p>Brew Monday:</p> <p>Usually third Monday in January, organised by the Samaritans to encourage people to stop and have a cup of tea and a chat about mental health.</p>
February	<p>Time to Talk Day:</p> <p>Usually the first Thursday in February each year. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives.</p> <p>Children’s mental health week:</p> <p>Usually the first week of February. Can be used to talk about educator mental health too.</p>
March	<p>Eating Disorders Awareness Week: 1-7 March</p> <p>An international awareness event, fighting the myths and misunderstandings that surround eating disorders.</p> <p>Self Injury Awareness Day: 1 March</p> <p>This day aims to raise awareness, understanding and empathy around self harm, and reduce the number of people struggling in silence.</p> <p>University Mental Health Day:</p> <p>Usually in March, this day is where Student Minds and UMHAN (University Mental Health Advisers Network) bring universities together to focus efforts on promoting the mental health of people who live, work and study in Higher Education settings.</p> <p>World Bipolar Day: 30 March</p> <p>A day to raise awareness of bipolar disorders and to improve sensitivity towards the illness. It is promoted by the International Bipolar Foundation and partners.</p>
April	<p>Stress Awareness Month:</p> <p>Stress Awareness Month has been held every April since 1992 to increase public awareness of the causes, signs and coping strategies for stress.</p> <p>World Health Day: 7th April</p>

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<p>May</p>	<p>Mental Health Awareness Week: Run by the Mental Health Foundation, Mental Health Awareness Week is a national week to raise awareness of mental health problems and promote the message of good mental health for all.</p> <p>UK Maternal Mental Health Matters Awareness Week: A week-long campaign dedicated to talking about mental illness while pregnant or after having a baby. This is a chance to highlight the support and information available to your staff who are also parents.</p> <p>Walking to school week: Usually third week of May, this is a chance to promote walking and other activities we know are good for our wellbeing</p>
<p>June</p>	<p>Volunteers' Week: An annual event run in the first week of June by the National Council of Voluntary Organisations to celebrate the contribution of over 20 million people who volunteer in the UK.</p> <p>International Fathers' Mental Health Day: Held on the day following Father's Day, this campaign looks to highlight key aspects of fathers' mental health, with particular attention on paternal postpartum depression.</p>
<p>July</p>	<p>School Holidays</p>
<p>August</p>	<p>School Holidays</p>
<p>September</p>	<p>World Suicide Prevention Day: Hosted by International Association for Suicide Prevention and the World Health Organisation, the purpose of the day is to promote worldwide commitment and action to prevent suicides.</p>
<p>October</p>	<p>World Teacher Day: 5th October</p> <p>World Mental Health Day: 10 October World Mental Health Day is a great opportunity to raise awareness of mental health problems and start conversations. Each year a theme is set by the World Federation for Mental Health.</p>
<p>November</p>	<p>National Stress Awareness Day: Usually at the start of the month, and promoted by the International Stress Management Association (ISMAUK), this day aims to raise awareness of the effects of psychological distress in the workplace and strategies to address it.</p> <p>International Survivors of Suicide Loss Day: A day for those of us affected by suicide loss to gather come together at events around the world - to find comfort, gain understanding and share stories of healing and hope.</p> <p>Anti-bullying week: Hosted by the Anti-Bullying Alliance, this is a great opportunity to reinforce anti-bullying messages in your school.</p>
<p>December</p>	<p>No awareness days</p>