

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

NATIONAL WALKING MONTH

JUNE

MEN'S HEALTH MONTH

21TH
INTERNATIONAL FATHER'S
MENTAL HEALTH DAY



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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