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

OCTOBER

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

AUGUST

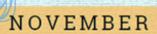
ALTRUISTIC AUGUST

SEPTEMBER

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

DECEMBER

5TH INTERNATIONAL VOLUNTEER DAY



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

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