

UK NATIONAL 2024

# WELLBEING AWARENESS DAYS

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DAYS FOR YOUR CALENDAR NOW:



FOR IDEAS OR SUPPORT WITH YOUR OWN  
CAMPAIGN, GET IN TOUCH:  
[WWW.MINDSETBPS.COM](http://WWW.MINDSETBPS.COM)



## FEBRUARY

**2nd** Time to Talk Day  
**5th-11th** Children's Mental Health Week  
**5th-11th** Race Equality Week  
**28th-5th March** Eating Disorders Awareness Week

## APRIL

**1st-31st** Stress Awareness Month  
**1st-30th** World Autism Month   
**2nd** World Autism Awareness Day  
**7th** World Health Day  
**28th** World Health and Safety at Work Day

## JUNE

**1st-30th** Pride month   
**10th-16th** Men's Health Week  
**18th** Autistic Pride Day   
**17th-23rd** Learning Disability Week  
**21st** International Father's Mental Health Day

## AUGUST

**26th** Women's Equality Day

## OCTOBER

**1st-31st** Black History Month  
**7th-11th** National Work-Life Week  
**10th** World Mental Health Day  
**7th-13th** OCD Awareness Week  
**11th** Coming out day   
**18th** World Menopause Awareness Day  
**19th** International Pronouns Day

## DECEMBER

**3rd** International Day of People with Disabilities

## JANUARY

**15th** Blue/Brew Monday  
**27th** Parent Mental Health Day

## MARCH

**1st** Self-injury Awareness Day  
**3rd** University Mental Health Day  
**8th** International Women's Day  
**18th-24th** Neurodiversity Celebration Week   
**27th-2nd** World Autism Acceptance Week   
**30th** World Bipolar Day

## MAY

**2nd-8th** Maternal Mental Health Awareness Week  
**13th-19th** Mental Health Awareness Week


## JULY

**3rd-9th** Alcohol Awareness week  
**24th** Samaritans Awareness Day  
**25th** National Schizophrenia Awareness Day

## SEPTEMBER

**10th** World Suicide Prevention Day  
**25th-1st Oct** UK National Inclusion Week

## NOVEMBER

**1st-30th** Movember: Men's Health Awareness  
**1st** National Stress Awareness Day  
**13th-19th** Trans Awareness Week   
**14th-18th** Anti-Bullying Week  
**18th** International Survivors of Suicidal Loss Day

