

MENTAL HEALTH AWARENESS DAYS CALENDAR 2025



JANUARY

20TH BREW MONDAY



FEBRUARY

6TH TIME TO TALK DAY
3RD-9TH CHILDRENS
MENTAL HEALTH
AWARENESS WEEK
17TH RANDOM ACTS OF
KINDNESS DAY
24TH-2ND
EATING DISORDERS
AWARENESS WEEK



MARCH

1ST SELF HARM AND SELF INJURY
AWARENESS DAY
8TH
INTERNATIONAL WOMEN'S DAY
13TH
UNIVERSITY MENTAL HEALTH DAY
14TH WORLD SLEEP DAY
20TH INTERNATIONAL DAY OF
HAPPINESS
17TH-23RD NEURODIVERSITY
CELEBRATION WEEK
30TH WORLD BI-POLAR
AWARENESS DAY



APRIL

STRESS AWARENESS MONTH

7TH
WORLD HEALTH DAY
28TH
WORLD HEALTH AND SAFETY
AT WORK DAY
**WORLD AUTISM ACCEPTANCE
MONTH**



MAY

**NATIONAL WALKING
MONTH**

5-11TH MATERNAL MENTAL
HEALTH AWARENESS WEEK
12TH-18TH MENTAL
HEALTH AWARENESS WEEK
21ST
WORLD MEDITATION DAY



JUNE

MEN'S HEALTH MONTH

21TH
INTERNATIONAL FATHER'S
MENTAL HEALTH DAY
9TH-15TH
LONELINESS AWARENESS
WEEK



JULY

24TH SAMARITANS
AWARENESS DAY
24TH SCHIZOPHROENIA
AWARENESS DAY



AUGUST

ALTRUISTIC AUGUST
14TH NATIONAL FINANCIAL
AWARENESS DAY



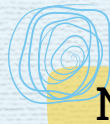
SEPTEMBER

10TH WORLD SUICIDE
PREVENTION DAY



OCTOBER

6TH-10TH HAPPINESS AT
WORK WEEK
10TH WORLD MENTAL
HEALTH DAY
12TH-18TH
OCD AWARENESS WEEK
18TH
WORLD MENOPAUSE DAY



NOVEMBER

MOVEMBER - MEN'S HEALTH
3RD-7TH INTERNATIONAL
STRESS AWARENESS WEEK
17TH-23RD NATIONAL SELF-
CARE WEEK



DECEMBER

1ST-5TH NATIONAL GRIEF
AWARENESS WEEK
5TH INTERNATIONAL
VOLUNTEER DAY

CALL: 0121 271 0550
EMAIL: INFO@ALTRUISTUK.COM
WEBSITE: WWW.ALTRUISTUK.COM



altruist
enterprises

MENTAL HEALTH AWARENESS DAYS CALENDAR 2026



JANUARY

19TH MONDAY
BREW MONDAY



FEBRUARY

6TH TIME TO TALK DAY
1ST WEEK
CHILDREN'S MENTAL
HEALTH WEEK
17TH
RANDOM ACTS OF
KINDNESS DAY
TBC
EATING DISORDERS
AWARENESS WEEK



MARCH

1ST SELF HARM AND SELF INJURY
AWARENESS DAY
8TH INTERNATIONAL WOMEN'S DAY
TBC
UNIVERSITY MENTAL HEALTH DAY
14TH
WORLD SLEEP DAY
20TH
INTERNATIONAL DAY OF HAPPINESS
16TH-22ND NEURODIVERSITY
CELEBRATION WEEK
30TH
WORLD BI-POLAR DAY



APRIL

STRESS AWARENESS MONTH
**WORLD AUTISM
ACCEPTANCE MONTH**
7TH
WORLD HEALTH DAY
28TH
WORLD HEALTH AND SAFETY
AT WORK DAY



MAY

**NATIONAL WALKING
MONTH**
TBC MATERNAL MENTAL
HEALTH AWARENESS WEEK
MID-MAY MENTAL HEALTH
AWARENESS WEEK
21ST
WORLD MEDITATION DAY



JUNE

MEN'S HEALTH MONTH
TBC INTERNATIONAL FATHER'S
MENTAL HEALTH DAY
TBC LONELINESS AWARENESS
WEEK



JULY

24TH SAMARITANS
AWARENESS DAY
25TH SCHIZOPHRENIA
AWARENESS DAY



AUGUST

ALTRUISTIC AUGUST
14TH NATIONAL FINANCIAL
AWARENESS DAY



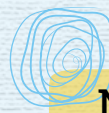
SEPTEMBER

10TH WORLD SUICIDE
PREVENTION DAY



OCTOBER

TBC HAPPINESS AT WORK
WEEK
10TH WORLD MENTAL
HEALTH DAY
13TH-17TH OCD
AWARENESS WEEK
18TH WORLD MENOPAUSE
DAY



NOVEMBER

MOVEMBER - MEN'S HEALTH
TBC INTERNATIONAL STRESS
AWARENESS WEEK
TBC NATIONAL SELF-CARE
WEEK



DECEMBER

1ST-5TH NATIONAL GRIEF
AWARENESS WEEK
5TH INTERNATIONAL
VOLUNTEER DAY

CALL: 0121 271 0550
EMAIL: INFO@ALTRUISTUK.COM
WEBSITE: WWW.ALTRUISTUK.COM