

# MENTAL HEALTH + WELLBEING

## AWARENESS DAYS 2023

### FEBRUARY

Time to Talk Day - 2nd February 2023 (First Thursday in February)

Encouraging people to talk about mental health and by doing so helping to change lives.

(Time to Change charity closed its doors in March 2021 but the movement continues)

### MARCH

International Women's Day - 8th March 2023

A global day aimed at driving equality by celebrating the social, economic, cultural, and political achievements of women.

Nutrition and Hydration Week - 13th - 19th March 2023

A global event to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

World Sleep Day - 17th March 2023

A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.

International Day of Happiness - 20th March 2023

The “pursuit of happiness” is a basic human right and goal. And there is also the basic assumption that, in order to promote world happiness, initiatives should be undertaken to eradicate poverty, establish equality, and protect the environment.

### APRIL

Stress Awareness Month - April

Increasing public awareness about both the causes and cures for our modern stress epidemic.

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### APRIL continued...

Walk to Work Day - 7th April 2023 (First Friday in April)

Walking can help to clear the mind, burn calories and get your heart pumping. And doing this before work could encourage and influence you to eat healthier throughout the day.

World Health Day - 7th April 2023 (The date of 7 April marks the anniversary of the founding of WHO in 1948.)

Provides an opportunity to focus world attention on a health problem or issue that deserves special attention. In 2022, the theme is 'Protecting Health from Climate Change', putting health at the centre of the global dialogue about climate change.

World Day for Safety and Health at Work - 28th April 2023

Intended to focus international attention on emerging trends in the field of occupational safety and health and on the magnitude of work-related injuries, diseases and fatalities worldwide

### MAY

National Walking Month - May

National Walking Month encourages people to walk more throughout May. Initiatives include Walk to Work Week and Walk to School Week.

Mental Health Awareness Week - 15th - 21st May 2023

A UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health. Anxiety is the theme for 2023.

International Human Resources Day 2022 - 20th May 2023

An international day of recognition for all the hardworking HR and people professionals around the world.

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### JUNE

#### Pride Month - June

Pride is a time for everyone to celebrate who they are, with Pride events held across the country.

#### Carers Week - 5th - 11th June 2023

Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make.

#### Loneliness Awareness Week - 12th - 16th June 2023

Loneliness is a normal human emotion and is something that can affect anybody at any point during their life. Loneliness has become a significant issue for many more people over the past year as large numbers of people have been isolated due to the pandemic.

#### Men's Health Week - 12th - 18th June 2023

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

#### BNF Healthy Eating Week - 13th - 17th June 2023

Encouraging the nation to eat healthier.

### JULY

#### 24/7 Samaritans - The Big Listen - 24th July 2023

Every six seconds, somebody contacts Samaritans. Ten times a minute they help someone turn their life around. Why not get involved on 24 July and pledge to become a better listener?

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### SEPTEMBER

[World Suicide Prevention Day](#) - 10 September 2023

Promoting worldwide commitment and action to prevent suicides.

[International Week of Happiness at Work](#) - TBC September 2023

Happiness at Work should be on the list of top-priorities of all organisations, big and small, national and international.

[UK National Inclusion Week](#) - 25th September - 1st October 2023

Designed to celebrate everyday inclusion in all its forms.

### OCTOBER

[Black History Month](#) - October

A nationwide celebration of Black History, Arts and Culture throughout the UK.

[National Work Life Week](#) - 2nd - 6th October 2023

For employers to show employees, and potential candidates your organisation has a flexible working culture and appreciates work life balance.

[World Mental Health Day](#) - 10th October 2023

An opportunity to raise awareness and advocacy against mental health stigma.

[World Menopause Awareness Day](#) - 18th October 2023

Raising awareness for women who are feeling lost and going through menopause and need support.

### NOVEMBER

[Movember - Men's Health Awareness Month](#) - November

Responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health.

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### NOVEMBER continued...

[International Stress Awareness Week](#) - 30th October - 3rd November 2023

Raise awareness, publicity and profile of stress and its impact, and reduce stigma while promoting the importance of wellbeing and stress reduction.

[Talk Money Week](#) - 6th-11th November 2023

Talk Money Week is an annual campaign to get the nation talking about money. Each November they encourage the UK to talk about managing money – from pocket money right through to pensions – and celebrate the work done by thousands of organisations to build financial wellbeing across the country.

[World Kindness Day](#) - 13th November 2023

Shining the spotlight on the truly kind acts that people do. It is meant to encourage people everywhere to do “random acts of kindness”, as well as more purposeful and commitment-filled acts of kindness.

[Anti-bullying Week](#) - 13th - 17th November 2023

Anti Bullying Week is organised by the Anti Bullying Alliance (ABA). The ABA is made up of anti-bullying organisations from all over the UK.

[International Men's Day](#) - 19th November 2023

Making a positive difference to the wellbeing and lives of men and boys.

[Disability History Month](#) - 16th November - 16th December 2023

A month of activity to raise awareness and support people with disabilities.

### DECEMBER

[National Grief Awareness Week](#) - 2nd - 8th December 2021

Trying to normalise grief and get people talking about this subject on a national platform.