

# MENTAL HEALTH + WELLBEING

## AWARENESS DAYS 2024

### FEBRUARY

[Time to Talk Day](#) - 1st February 2024 (First Thursday in February)

Encouraging people to talk about mental health to help change lives. (Time to Change charity closed its doors in March 2021 but the movement continues).

### MARCH

[International Women's Day](#) - 8th March 2024

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

[Nutrition and Hydration Week](#) - 11th - 17th March 2024

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

[World Sleep Day](#) - 15th March 2024

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 2024

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.

[Walk to Work Day](#) - 5th 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 2024 (The date of 7 April marks the anniversary of the founding of WHO in 1948.) This day provides an opportunity to focus world attention on a health problem or issue that deserves special attention.

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### APRIL continued...

[World Day for Safety and Health at Work](#) - 28th April 2024

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](#) - 13th - 19th May 2024

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.

[International Human Resources Day](#) - 20th May 2024

A day of recognition for all hardworking HR and people professionals globally.

### JUNE

[Pride Month](#) - June

Pride events give time and a platform for everyone to celebrate who they are.

[Carers Week](#) - 10th - 16th June 2024

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

[BNF Healthy Eating Week](#) - 10th - 14th June 2024

Encouraging the nation to eat healthier.

[Loneliness Awareness Week](#) - 12th - 18th June 2024

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 last few years due to the pandemic.



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### JUNE continued...

[Men's Health Week](#) - 12th - 18th June 2024

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.

### JULY

[24/7 Samaritans - The Big Listen](#) - 24th July 2024

Every six seconds, somebody contacts Samaritans. Ten times a minute they help someone turn their life around.

### SEPTEMBER

[World Suicide Prevention Day](#) - 10 September 2024

Promoting worldwide commitment and action to prevent suicides.

[International Week of Happiness at Work](#) - 23 - 27th September 2024

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

[UK National Inclusion Week](#) - 23rd September - 29th September 2024

Designed to celebrate everyday inclusion in all its forms.

### OCTOBER

[National Work Life Week](#) - 7th - 11th October 2024

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 2024

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

[World Menopause Awareness Day](#) - 18th October 2024

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

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### OCTOBER continued...

#### [Black History Month](#) - October

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

### 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.

#### [International Stress Awareness Week](#) - 5th - 9th November 2024

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 -10th November 2024

Talk Money Week is an annual campaign to get the nation talking about money to help build financial wellbeing across the country.

#### [World Kindness Day](#) - 13th November 2024

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.

#### [International Men's Day](#) - 19th November 2024

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

#### [Anti-bullying Week](#) - 11th - 17th November 2024

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.

#### [Disability History Month](#) - 16th November - 16th December 2024

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

### DECEMBER

#### [National Grief Awareness Week](#) - 2nd - 8th December 2024

Trying to normalise grief by getting people talking about it.

