

MENTAL HEALTH + WELLBEING

AWARENESS DAYS 2025

JANUARY

Dry January - Alcohol Change UK's campaign runs throughout January with plenty of supportive tools and techniques.

One Year, No Beer is another campaign designed for entrepreneurs, leaders, and high-achievers looking to transform their health, relationships and business by changing their relationship with alcohol.

Blue Monday - Blue Monday was first introduced as a marketing campaign to get people to book more winter holidays. It is now often cited as the saddest day of the year.

Action for Happiness are a charity that shares great tools and techniques to support people's psychological wellbeing throughout the course of the year.

FEBRUARY

Time to Talk Day - 6th February 2025 (First Thursday in February)

The nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives.

LGBT+ History Month 2025 - The 2025 UK LGBT+ History Month theme for its 20th anniversary is Activism and Social Change.

MARCH

International Women's Day - 8th March 2025

International Women's Day (IWD) has been around for over a hundred years, as have many of the issues still impacting women's advancement. Since 1911, IWD belongs to all who care about women's equality.

Neurodiversity Celebration Week - 17th - 23rd March 2025

A worldwide initiative that challenges stereotypes and misconceptions about neurological differences - in organisations, schools and elsewhere.

Nutrition and Hydration Week - 17th - 23rd March 2025

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

World Sleep Day - 14th March 2025

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

United Nations International Day of Happiness - 20th March 2025

The theme for 2025 reminds us that lasting happiness comes from caring for each other, feeling connected and being part of something bigger.



MENTAL HEALTH + WELLBEING

AWARENESS DAYS 2025

APRIL

Stress Awareness Month - April

Stress awareness month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic

Walk to Work Day - 7th April 2025 (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 2025 (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.

World Day for Safety and Health at Work - 28th April 2025

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.

MAY

National Walking Month - May

Encouraging people to walk more, and raising awareness in the benefits of walking.

Mental Health Awareness Week - 12th - 18th May 2025

Educating people about mental health issues and ways to promote better mental health.

Learning at Work Week - 12th - 18th May 2025

Delivered by Campaign for Learning, to encourage learning and development of people.

JUNE

Pride Month - June

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

Carers Week - 9th - 15th June 2025

Recognising the contribution carers make and the challenges they face.

Loneliness Awareness Week - 9th - 15th June 2025

Recognising the impact of loneliness on people of all ages, including those of working age.

Men's Health Week - 9th - 15th June 2025

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

MENTAL HEALTH + WELLBEING

AWARENESS DAYS 2025

JULY

Alcohol Awareness Week - 7th - 13th July 2025

A week of awareness-raising, campaigning for change, and more.

24/7 Samaritans - The Big Listen - 24th July 2025

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

AUGUST

Grief Awareness Day - 30 August 2025

Dedicated to raising awareness of the myriad ways in which individuals cope with loss.

SEPTEMBER

World Suicide Prevention Day - 10 September 2025

Promoting worldwide commitment and action to prevent suicides.

UK National Inclusion Week - 15th - 21st September 2025

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.

International Week of Happiness at Work - 6th - 10th October 2025

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

National Work Life Week - 6th - 10th October 2025

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 2025

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

World Menopause Awareness Day - 18th October 2025

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

MENTAL HEALTH + WELLBEING

AWARENESS DAYS 2025

NOVEMBER

November - 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 - 3rd - 7th November 2025

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

Stress Awareness Day - 5th November 2025

Part of Stress Awareness Week

Talk Money Week - 3rd - 8th November 2025

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 2025

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 2025

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

Anti-bullying Week - 10th - 14th November 2025

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 - November 2025

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

DECEMBER

National Grief Awareness Week - December 2025

Trying to normalise grief by getting people talking about it.

