

Mental Health Awareness Dates 2026

January

Blue (BREW) Monday - 19th January

February

LGBTQIA+ History Month

Time To Talk Day - 6th February

Children's Mental Health Week - 9th - 15th February

Random Acts of Kindness Day - 17th February

Eating Disorder Awareness Week - 23rd February - 1st March

March

Self Injury Awareness Day - 1st March

University Mental Health Day - 12th March

International Woman's Day - 8th March

My Whole Self Day - 11th March (tbf)

World Sleep Day - 13th March

International Day of Happiness - 20th March

Bipolar Awareness Day - 30th March

April

Stress Awareness Month

World Day for Health and Safety at work - 28th April

May

Maternal Mental Health Week - 4th - 10th May

Mental Health Awareness Week - 11th - 17th May

World Meditation Day - 21st May

June

Pride Month

Mental Health Friendship Awareness Day - 1st June

Men's Health Week - 8th - 14th June

PTSD Awareness Day - 27th June

July

World Self Care Day - 24th July

Schizophrenia Awareness Day - 25th July

August

Grief Awareness Day - 30th August

September

Suicide Prevention Day - 10th September

Youth Mental Health Day - 19th September

International Week of Happiness at Work 21st - 25th September

October

Black History Month // Stoptober

World Mental Health Day - 10th October

OCD Awareness Week - 11th - 17th October

World Menopause Day - 18th October

November

Movember

Stress Awareness Day - 4th November

World Kindness Day - 13th November

International Men's Day - 19th November

Anti Bullying Week - 9th - 13th November

December

Grief Awareness Week - 7th - 13th December