

# Mental Health Awareness Dates 2025

## **January**

Blue Monday - 20th January

## **February**

*LGBTQIA+ History Month*

Time To Talk Day - 6th February

Children's Mental Health Week - 3rd - 9th February

Random Acts of Kindness Day - 17th February

Eating Disorder Awareness Week - 24th February - 2nd March

## **March**

Self Injury Awareness Day - 1st March

University Mental Health Day - 13th March

International Woman's Day - 8th March

My Whole Self Day - 11th March

World Sleep Day - 14th 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 - 5th - 11th May

Mental Health Awareness Week - 12th - 18th May

World Meditation Day - 21st May

## **June**

*Pride Month*

Mental Health Friendship Awareness Day - 1st June

Men's Health Week - 9th - 15th 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

## **October**

*Black History Month // Stoptober*

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

World Mental Health Day - 10th October

OCD Awareness Week - 13th - 19th October

World Menopause Day - 18th October

## **November**

*Movember*

Stress Awareness Day - 5th November

World Kindness Day - 13th November

International Men's Day - 19th November

Anti Bullying Week - 13th - 17th November

## **December**

Grief Awareness Week - 2nd - 8th December