

SEAH

Mental Health Support Provider

Mental Health Calendar

2025



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**Mental health is an
integral facet of our
overall well-being,
influencing how we
think, feel, and
navigate life's
challenges.**



**Let's break the stigma, foster
understanding, and prioritise mental
health as an essential part of our lives.**

1 Brew Monday

20th January



On Brew Monday, we want to remind everyone to reach out for a cuppa and a catch-up with the people close to them.

You could organise a tea party and raise money for Samaritans, host an online Brew Monday at work, or even do something as simple as picking up the phone and checking in with someone you care about. The point is that we keep in contact with those you care about!

Samaritans - Brew Monday



2 Time to Talk

6th February



Time to Talk day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. It aims to support communities up and down the country to have more mental health conversations than ever before.

Talking about Mental Health reduces stigma, helping to create supportive communities where people can talk openly about mental health and feel empowered to seek help when we need it.

[Mind Website](#)



3 Children's Mental Health Week

3rd-9th February



What is Children's Mental Health Week?

Children's Mental Health Week is an annual event dedicated to raising awareness about children and young people's mental health. This important event is a brilliant opportunity to open a discussion about mental health and wellbeing with children and young people.

This year's theme is 'Know Yourself, Grow Yourself' During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - “My Voice Matters”.



Place2be - Children's Mental Health Week

4 Eating Disorders Week

24th Feb - 2nd March

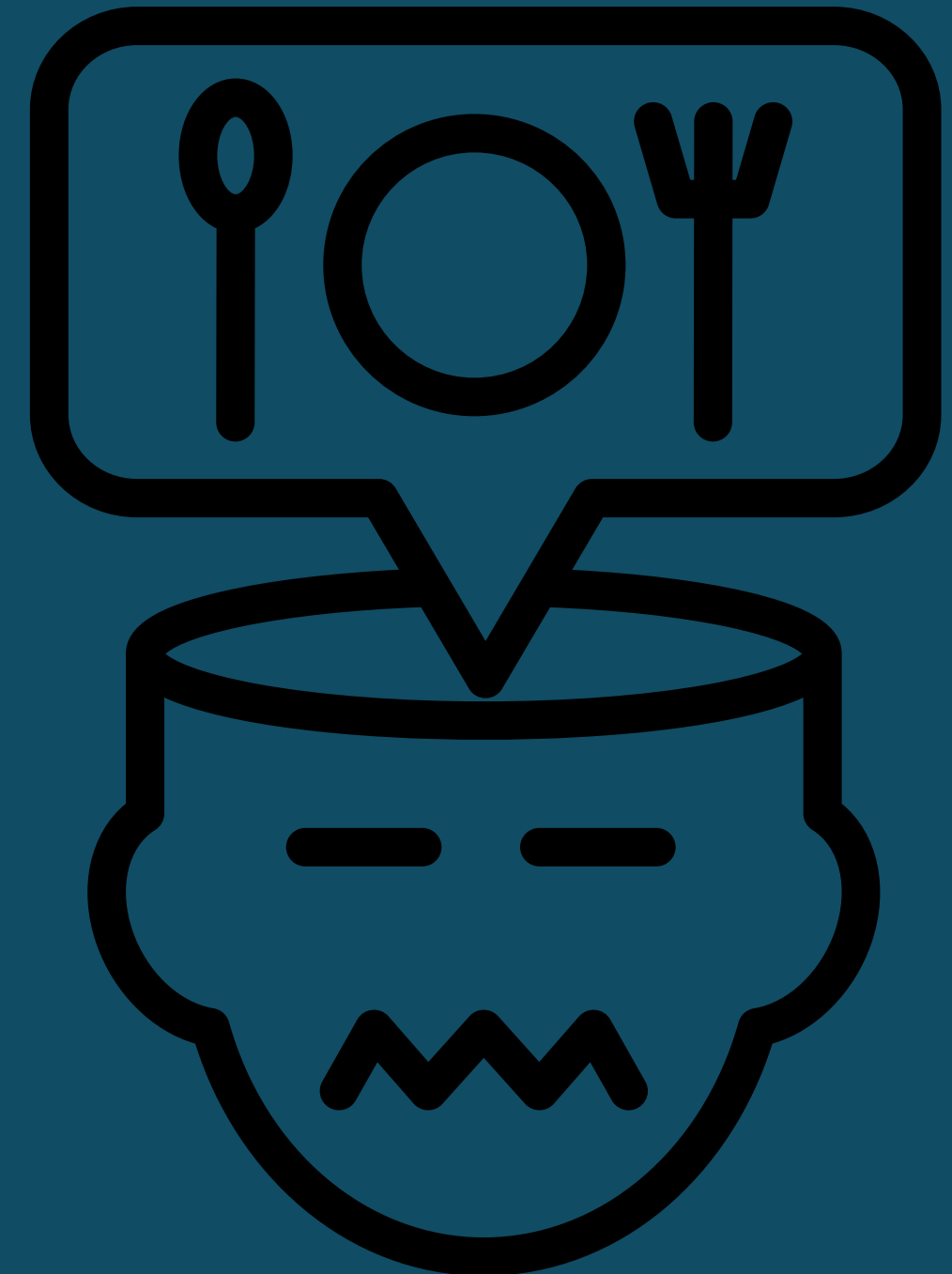


An eating disorder is a mental health condition where a person uses the control of food to cope with feelings and other situations.

Eating disorders don't just affect the person with the condition, friends and family often become carers – feeling helpless and heartbroken, as they watch their loved one struggle. Eating disorders are one of the biggest mental health challenges of our time and they can affect anyone at any time.

This year the focus of Eating Disorder Awareness Week is how eating disorders can affect anyone.
#AnyoneAnytime

Beat Eating Disorders UK - Eating Disorder
Awareness Week



5

Self-Injury Awareness Day

1st March



Self-injury awareness day is an international event observed annually on the 1st of March to raise awareness on the topic.

Self-harm behaviours are complex individual experiences; it's important to generate awareness around this issue, encourage understanding, and reduce stigma.

As family members, friends, co-workers, or members of society, we can extend our support to people experiencing distress by simply reaching out and listening. Making the time and space to listen to someone about their experiences with distress or thoughts of self-harm and connecting them to further help is crucial.

Sharing our own stories and experiences can also be useful as meaningful and safe conversations around self-harm can help spread the message that self-harm is common and it is okay to talk about it.



Life Signs - Self Injury Awareness Day (SIAD)

6

International Women's Day

8th March



The theme for International Women's Day 2025 is "Accelerate Action," emphasizing the urgent need to advance gender equality and women's rights.

At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum. Focusing on the need to Accelerate Action emphasizes the importance of taking swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres. So, together, let's Accelerate Action to speed up the rate of progress worldwide.

International Womens Day



7

University Mental Health Day

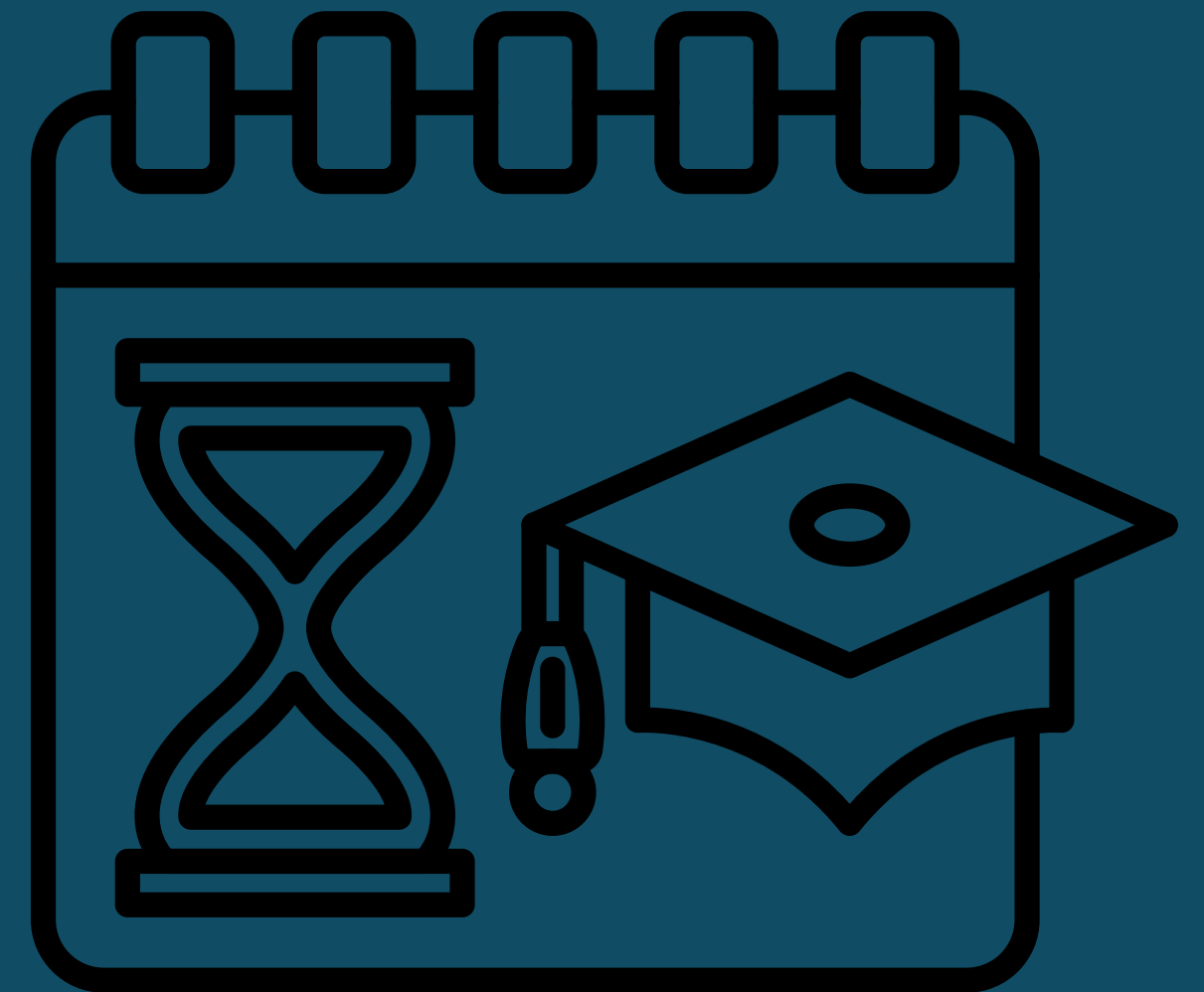
13th March



University Mental Health Day is the biggest day of the year for student mental health, bringing together the university community to make mental health a university-wide priority, to create ongoing change to the future of student mental health. The day happens every year on the second Thursday in March.

The day is all about getting the nation talking about student mental health to get creative and explore new ways to shape the future of student mental health.

University Mental Health Day



8 International Day of Happiness

20th March



International Day of Happiness aims to celebrate happiness all over the world, inspiring people to spread positivity, whether big or small, with others and encouraging each nation to prioritise the happiness of its citizens.

There are lots of issues in our world right now. We can't always change what is happening, but we can choose how we respond.

Here are three simple steps you can use anytime to help make life happier and kinder.

STEP 1: BE MINDFUL

Relax your breathing and notice:
How am I feeling right now?

STEP 2: BE GRATEFUL

Look around you and ask yourself:
What am I thankful for?

STEP 3: BE KIND

With warm feelings, ask yourself:
Who do I want to send love to?

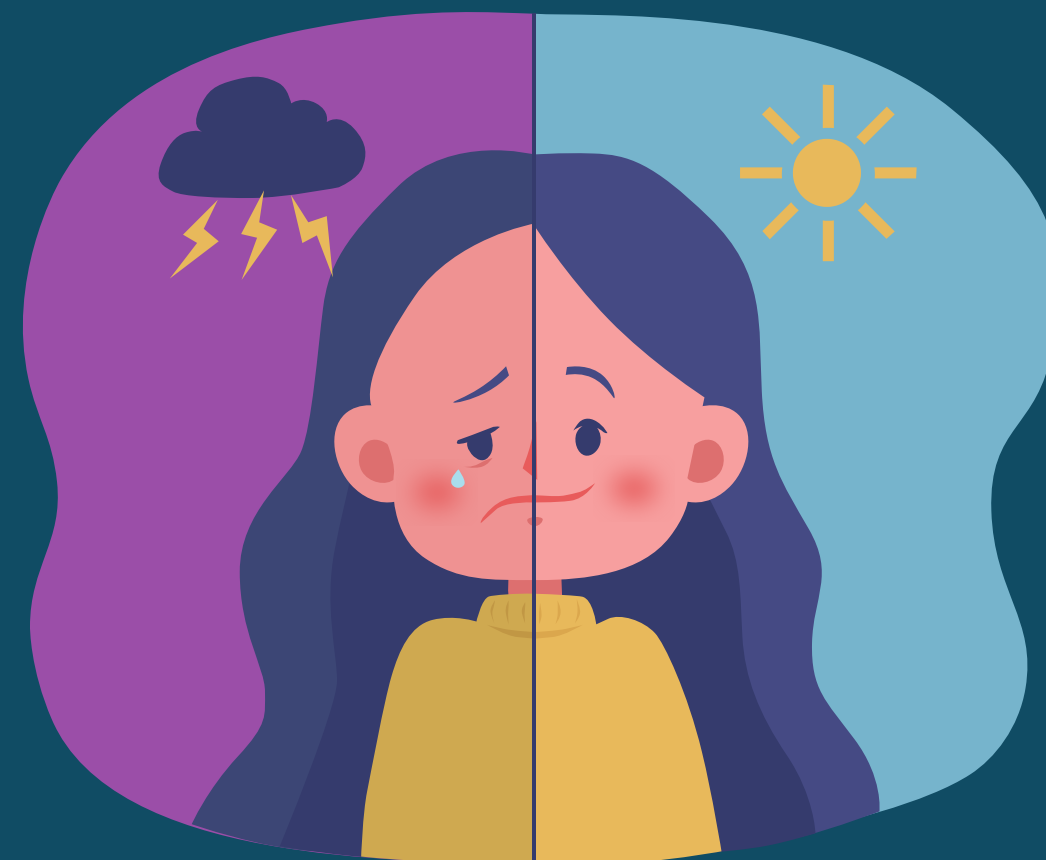
Day of Happiness



9

World Bipolar Day

30th March



Bipolar disorder can be a lifelong mental health issue that affects mood and can have a significant impact on people's ability to live their day to day life.

World Bipolar Day is celebrated each year on 30 March, the birthday of Vincent Van Gogh, who was diagnosed with bipolar after he died.

The vision of World Bipolar Day is to encourage understanding about what bipolar is – and isn't – and to banish stigma from the face of the planet.

Rethink Mental Illness - World Bipolar Day



10 Stress Awareness Month

1st - 30th April



Stress Awareness Month is held every April, to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress.



During this month it is important that we dedicate time to removing the guilt, shame, and stigma around mental health. Also to talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

Stress Management Society - National Stress Awareness Month

11 World Autism Acceptance Month

1st - 30th April



World Autism Acceptance Month is observed every year in April to celebrate and raise awareness of Autism. Autistic people face discrimination and barriers across all sectors of society – in the health and social care systems, in education, in employment, and everywhere in between.

It is crucial that autistic people, and their families and carers, can access tailored information, guidance and support to overcome those barriers, along with opportunities to explore their interests, develop skills and build friendships for fulfilled lives.

How is World Autism Acceptance Month celebrated?

April 2nd is World Autism Awareness Day, and celebrations continue throughout the month. As well as the creation of different sponsored events across the globe to raise money for autism charities, widespread campaigns begin during World Autism Acceptance Month to bring more prominence to creating a shared understanding.

Autism Together - Autism Acceptance Month



12

World Health Day

7th April



What is World Health Day?

World Health Day, held on the 7th April each year, is the annual day dedicated to promoting the benefits of good health and wellbeing worldwide.

Aims of World Health Day

As a worldwide event, World Health Day has many wide-reaching aims and priorities, they include:

- To improve understanding of universal health coverage and the importance of primary health care as its foundation.
- To spur action from individuals, policy-makers and health-care workers to make universal health care a reality for everyone.
- Everyone should have the information and services they need to take care of their own health and the health of their families.
- Skilled health workers providing quality, person-centred care and policy-makers committed to investing in primary health care.



World Health Organisation - World Health Day

13 National Walking Month

1st - 31st May



May is a time to promote the benefits of walking for physical health, mental well-being, and enjoying the fresh air outdoors.

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated, and research shows that even small amounts of physical activity can make a significant difference to our health.

Last year, Living Streets invited you to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and wheeling. May also played host to Living Streets' Walk to School Week - where hundreds of thousands of children discovered the #MagicOfWalking to school.

Keep updated for this year's theme:

Living Streets - National Walking Month



14

Time for a Cuppa

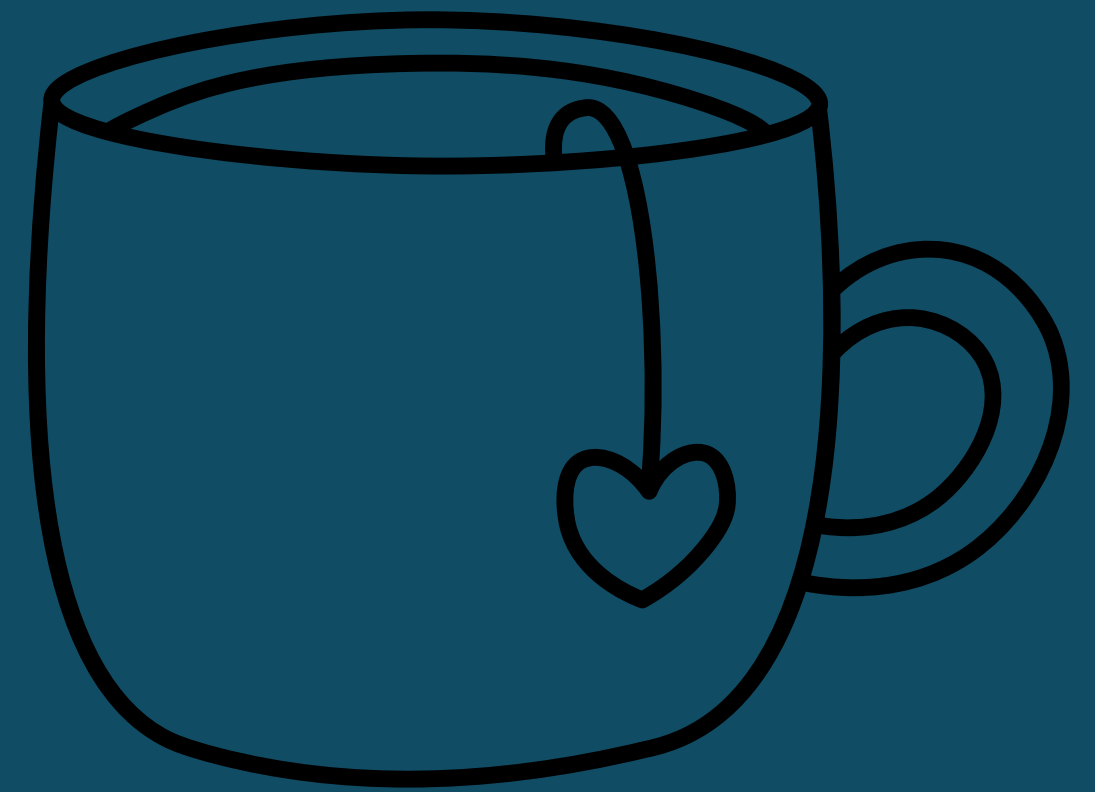
1st - 8th May



Time for a Cuppa is Dementia UK's annual tea party fundraising event. Simply pick a date, choose your venue and send out those invites. Every penny you raise will help more families access the life-changing support of our specialist dementia nurses.

Someone develops dementia every three minutes in the UK – that's the time it takes to boil a kettle. So, between 1st-8th May, Dementia UK is encouraging people across the country to get together at home, at work, or in the local community to host a Time for a Cuppa event.

Dementia UK - Time For A Cuppa 2025 – Annual Charity Tea Party



15 ME Awareness Week

9th - 15th May



ME Awareness week is about changing the narrative so that people begin to understand this disease more accurately.

ME/CFS is recognised as a post-viral fatigue syndrome. It is a long-term, multi-system disease that can have a devastating impact on functional ability and quality of life.

Find out what you can do to help out by visiting the ME association website.

The ME Association - ME Awareness Week



16 Mental Health Awareness Week

12th - 18th May

The theme is set by the Mental Health Foundation every year, and for 2025 it's 'community'.

Social connections and community are vital for mental health and wellbeing. Through meaningful relationships and community participation, we gain support systems that help us navigate life's challenges. Communities provide emotional support, companionship, and a sense of belonging that reduces isolation.

Strong community networks offer practical and emotional assistance during difficult times, helping people build resilience and find purpose through shared experiences and mutual support.

Mental Health UK - Mental Health Awareness Week 2025



17 Dementia Action Week

19th - 25th May



Dementia Action Week is an awareness raising campaign.

Each year, Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia.

This year's theme is dementia diagnosis. According to The Alzheimer's Society's official website Dementia diagnosis rates have stagnated, many are facing dementia alone, without access to the vital support that a diagnosis can bring.

This year the focus is on dementia diagnosis and calling on the Government and the NHS to prioritise dementia in policy and decision making.

Alzheimer's Society - Dementia Action Week



18 National Children's Day

18th May



National Children's day is observed to stress the importance of having a healthy childhood and how we need to protect the freedoms and rights of children along with other young people.

It's a day of celebration, but it's also a great opportunity for everyone who cares about child and family wellbeing to shout out about what they are doing and to raise awareness and funds for the projects they are running or the things they care about.



National Children's Day UK

19

Tourettes Awareness Month

15th May - 15th June



Tourettes Syndrome is a common neurodevelopmental disorder that is characterised by multiple movement (motor) tics and/ or vocal tics.

Tourettes Syndrome can have a huge impact upon a persons day to day life and well-being and can be exhausting for those who experience it.

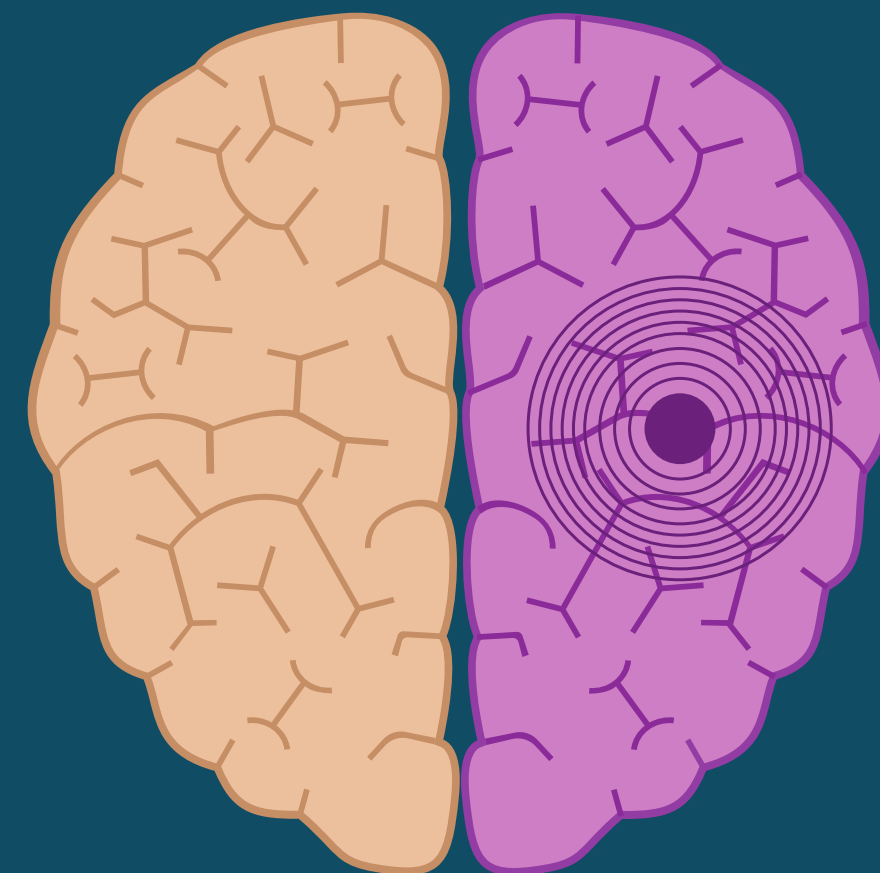
Tourette's Syndrome Awareness Month, from May 15 to June 15, is a period during which several activities are put together by health organisations for raising awareness about Tourette's syndrome. This significant month serves as a platform to educate the public, challenge misconceptions, and foster a more inclusive society.



Tourettes Action - Tourette's Awareness Month

20 National Epilepsy Week

19th-25th May



Epilepsy is neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain.

National Epilepsy Week is about raising awareness for those affected by epilepsy. This week also highlights the help and support that is available to improve the lives of everyone affected by epilepsy.

The Voice For Epilepsy - National Epilepsy Week



21 World Day for Cultural Diversity

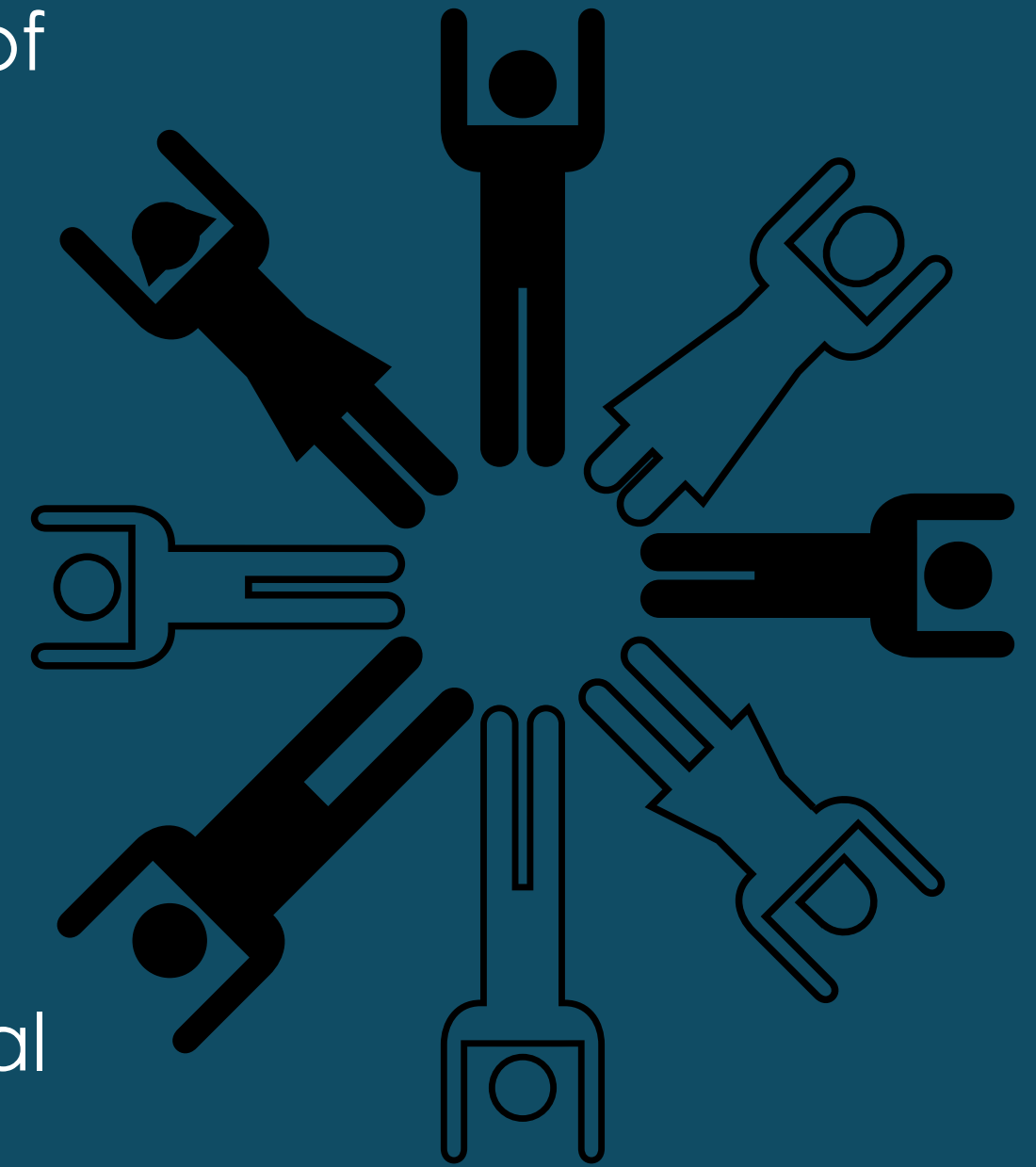
21st May



Every year on 21 May, the World Day for Cultural Diversity for Dialogue and Development celebrates not only the richness of the world's cultures but also the essential role of intercultural dialogue for achieving peace and sustainable development.

The World Day for Cultural Diversity for Dialogue and Development is an occasion to promote culture and highlight the significance of its diversity as an agent of inclusion and positive change.

All are invited to join in, and promote the values of cultural diversity, dialogue and development across our globe.



Unesco - International Days

22 World Hunger Day

28th May



This World Hunger Day unite with millions of people and thousands of organisations around the world to amplify the voices of those facing hunger and help make the UN Sustainable Goal of Zero Hunger a reality.

Despite producing enough food to feed everyone, more than 800 million people still go hungry every day.

Two thirds are women.

Hunger is an insidious cycle. It's often silent, invisible and relentless; passed from generation to generation. Unlike famines which attract emergency aid, millions of people globally are forced to accept a life of hunger; unable to make their dreams a reality.

World Hunger Day



23 International Men's Health Month

1st- 30th June



Men are significantly less likely than women to see a doctor or report symptoms to a health care provider. Only 60 percent of men go to the doctor for a yearly, routine check up, and 40 percent won't go until something is seriously wrong.

June is National Men's Health Month, a time to remind men of the health issues they face and what they can do to take charge of their health.

Mens Health Month



24

Pride Month

1st- 30th June



LGBTQIA+ Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan.

The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.

LGBTQIA+ Pride Month events attract millions of participants around the world.

Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS.



Library of Congress - Pride Month

25 Carers Rights Week

9th - 15th June



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

Carers Week



26 Men's Health Week

9th - 15th June



The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities around the globe.

Mens Health Forum - Men's Health Week



27 Diabetes Awareness Week

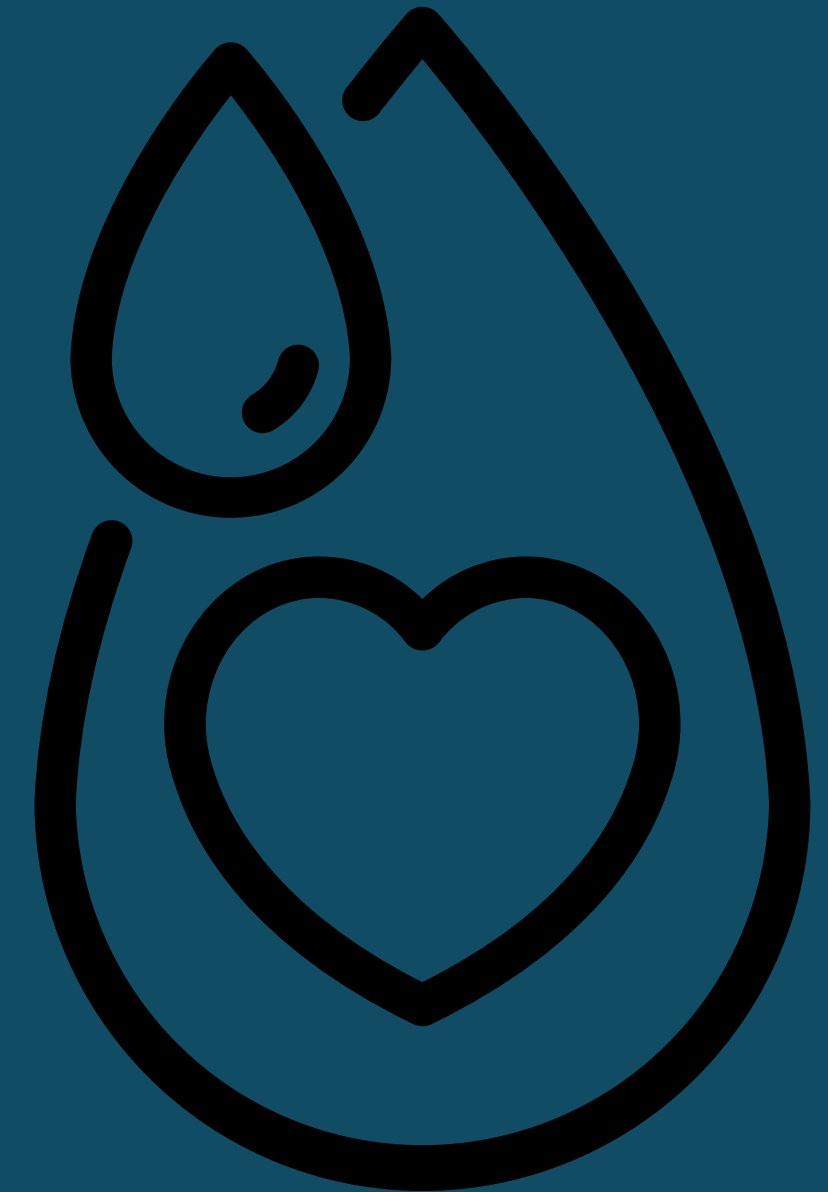
9th - 15th June



Diabetes is characterised by increased blood sugar (glucose) levels, which contribute to complications including kidney, foot, eye, heart and stroke disease.

It doesn't matter if you're learning about diabetes for yourself or to support someone you care about. What matters most this week is that you're helping to spread the word and reduce the chances of people facing this condition alone, without the help of healthcare professionals and loved ones.

Diabetes UK - Diabetes Week



28 Loneliness Awareness Week

9th - 15th June



Loneliness Awareness Week is a week dedicated to raising awareness of loneliness. Its all about creating supportive communities by having conversations with family, friends or colleagues about loneliness.

Loneliness is a natural human emotion - we are hardwired to need social connections. By talking about it, we can support ourselves and others.

Loneliness Awareness Week



29 Learning Disability Week

16th - 22nd June



Learning Disability week aims to educate, spread awareness, and increase understanding of learning disabilities.

The theme this year is "Do you see me?" which is all about people with a learning disability being seen, heard and valued.

We want to show the world the incredible things that people with a learning disability achieve, smashing misconceptions about what people can do and shining a light on the stigma many still face every day..

Mencap - Learning Disability Week



30

Autistic Pride Day

18th June



Autistic Pride Day is all about celebrating our unique identity and the diversity of the human experience.

Let's embrace our differences, promote understanding, and make the world a more accepting and inclusive place for everyone.

Autistic Pride Day is really important because it gives Autistic people a chance to come together as a community, share their experiences, and support each other.

Celebrations take place with all kinds of awesome events, like rallies, marches, and art exhibitions, which help raise awareness about autism and promote inclusion of autistic people in society.

Autistic Pride Day



31 World Refugee Day

20th June



World Refugee Day is an international day designated by the United Nations to honour refugees around the globe. It falls each year on 20th June and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution.

Each year, World Refugee Day is marked by a variety of events in many countries around the globe in support of refugees. These activities are led by or involve refugees themselves, government officials, host communities, companies, celebrities, school children and the general public, among others.

UNHCR UN Refugee Agency - World Refugee Day



32

Deaf-Blind Awareness Week

22nd - 28th June



Deafblindness is having both sight and hearing loss that affect your everyday life.

Some people are born deafblind. This is called congenital deafblindness. Others become deafblind later in life. This is known as acquired deafblindness.

This year Deafblind Awareness Week will be observed from June 22nd to 28th. This week is marked annually during the last week of June in honour of leading humanitarian Helen Keller's birthday on June 27.

The week is all about learning about what life is like for those who are deafblind, and celebrating the achievements of people who are deafblind.

Sense - Deafblind Awareness Week



33

Samaritans Awareness Day

24th July



24 July (24/7) is Samaritans Awareness Day, because the Samaritans are open to listen 24/7. On this date and throughout July, the awareness-raising campaign Talk to Us will be running, to remind people that they're there for anyone who needs someone to listen.

On this day, we join hands with Samaritans and numerous individuals, businesses, and communities across the country to raise awareness and encourage open conversations about mental health.

We want to foster empathy, understanding, and provide resources to those who may be struggling, as well as to promote a supportive environment where everyone feels safe and heard.

Samaritans Awareness Day - 24/7



34 Schizophrenia Awareness Day

25th July



Schizophrenia is a chronic condition that usually develops in early adulthood. It affects men and women equally and can occur in any culture. The exact cause of schizophrenia is not yet known, but research suggests that a combination of genetic, environmental, and brain chemistry factors may play a role.

National Schizophrenia Awareness Day takes place every year on July 25th. The purpose of this day is to raise awareness about schizophrenia, a mental illness that affects about 1-in-300 people worldwide.

[Rethink Mental Illness - Schizophrenia Awareness Day](#)



35 Alzheimer's Awareness Month

1st - 30th September



As outlined in the World Alzheimer Report 2019, many people still wrongly believe that dementia is a part of normal ageing. This alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia.

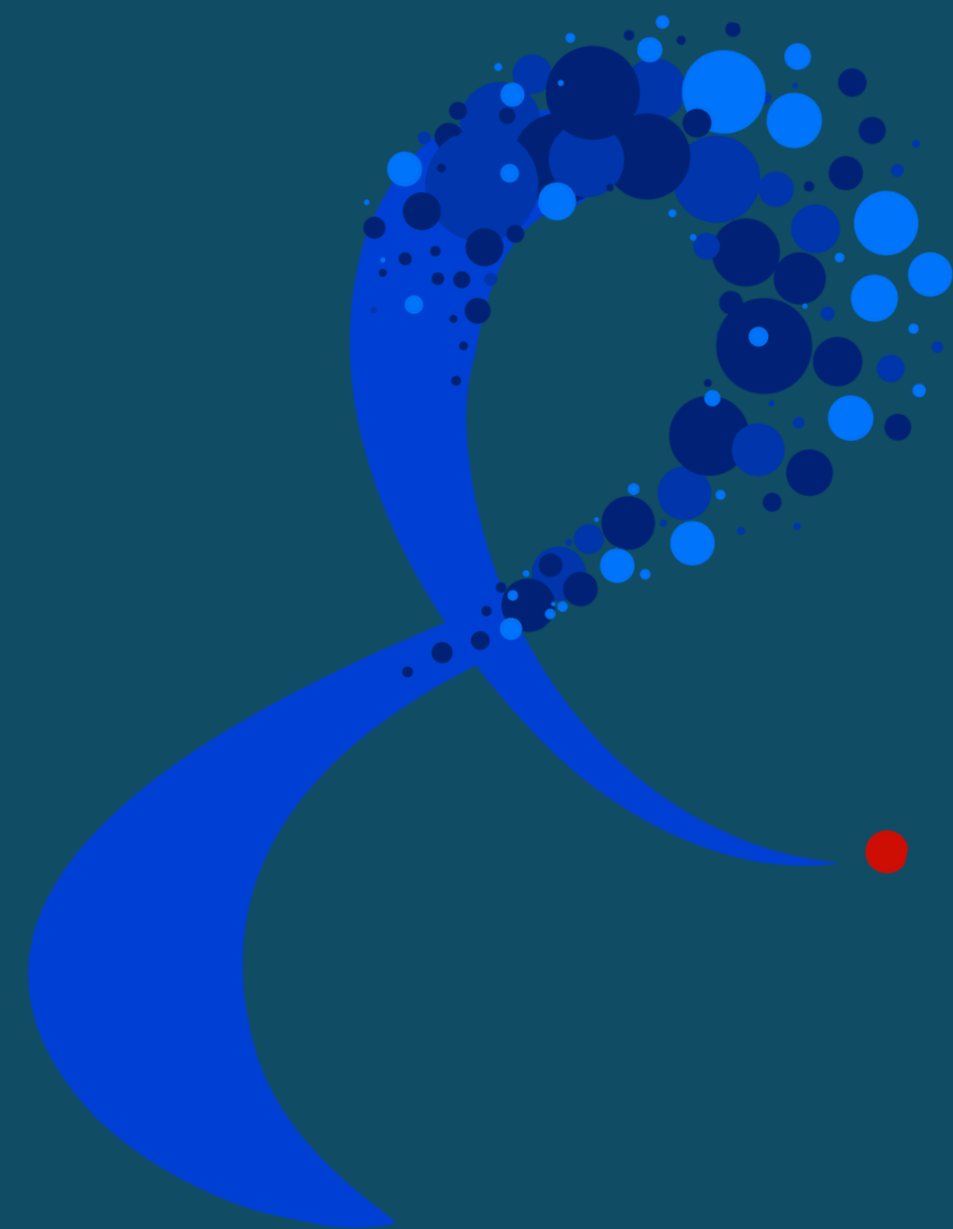
Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

Alzheimer's Disease International - World Alzheimer's Month



36 Walk Together for Bowel Cancer

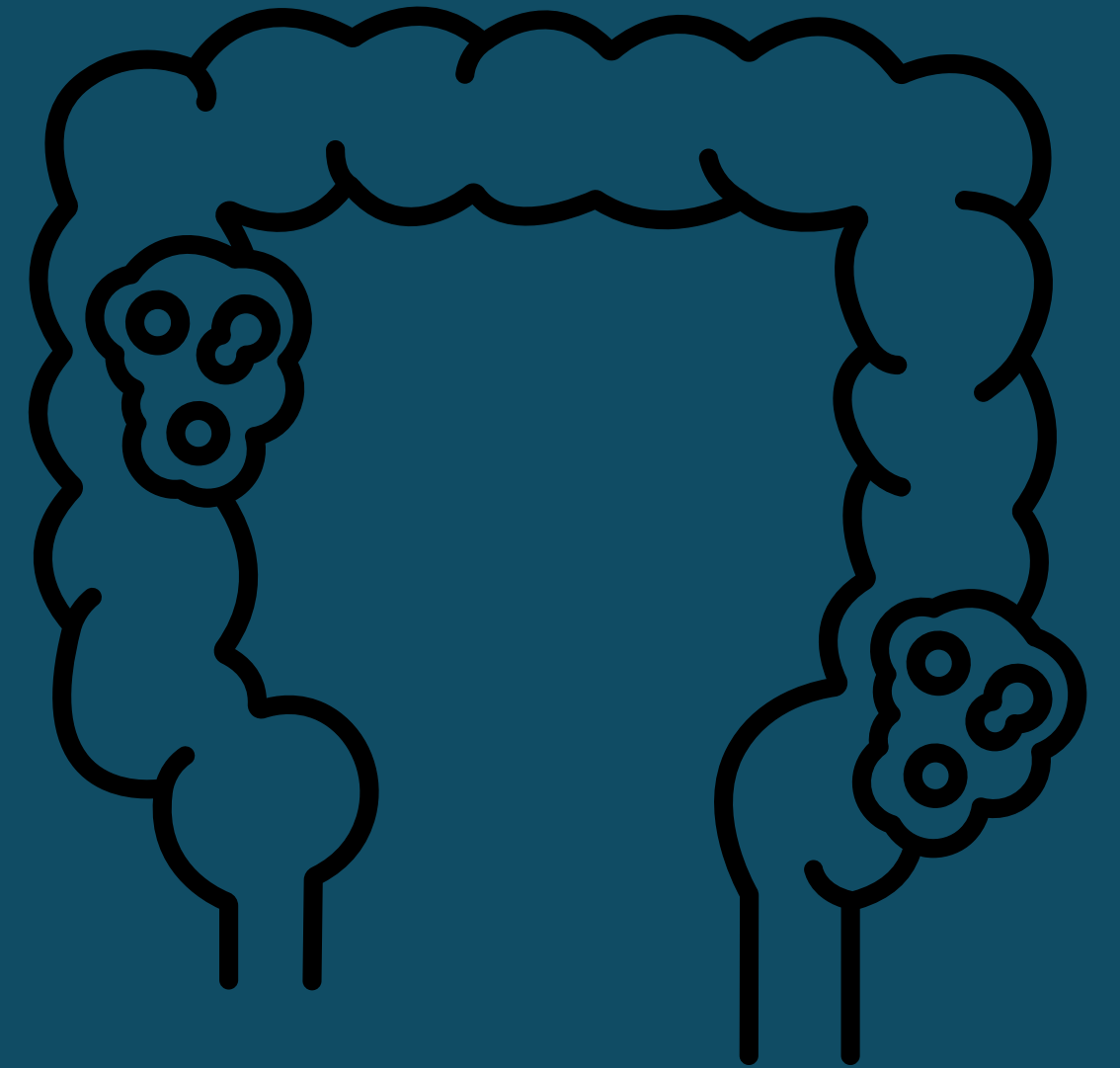
TBC



Take part in a Walk Together event this September. Walk five miles in your local area with friends or family, or grab your furry friend for the Walkies Together dog-walking challenge.

The annual sponsored five mile walks are a fantastic way to bring people together to show support for those undergoing treatment, remember loved ones and help stop people dying of bowel cancer.

Bowel Cancer UK



37 World Suicide Prevention Day

10th September



World Suicide Prevention Day is always
on 10 September.

Every year, organisations and communities around
the world come together to raise awareness of how
we can create a world where fewer people die by
suicide.

It's important to talk and write about suicide safely
and responsibly. Using the right language around
suicide is key to breaking down stigma. When we
use our words carefully we can create a safe
environment for people to open up.

Samaritans - World Suicide Prevention Day



38 International Week of Happiness at Work Week

6 - 10 OCTOBER 2025

(NB date for 2025 is changed from September to October!)

In 2026: 21- 25 September

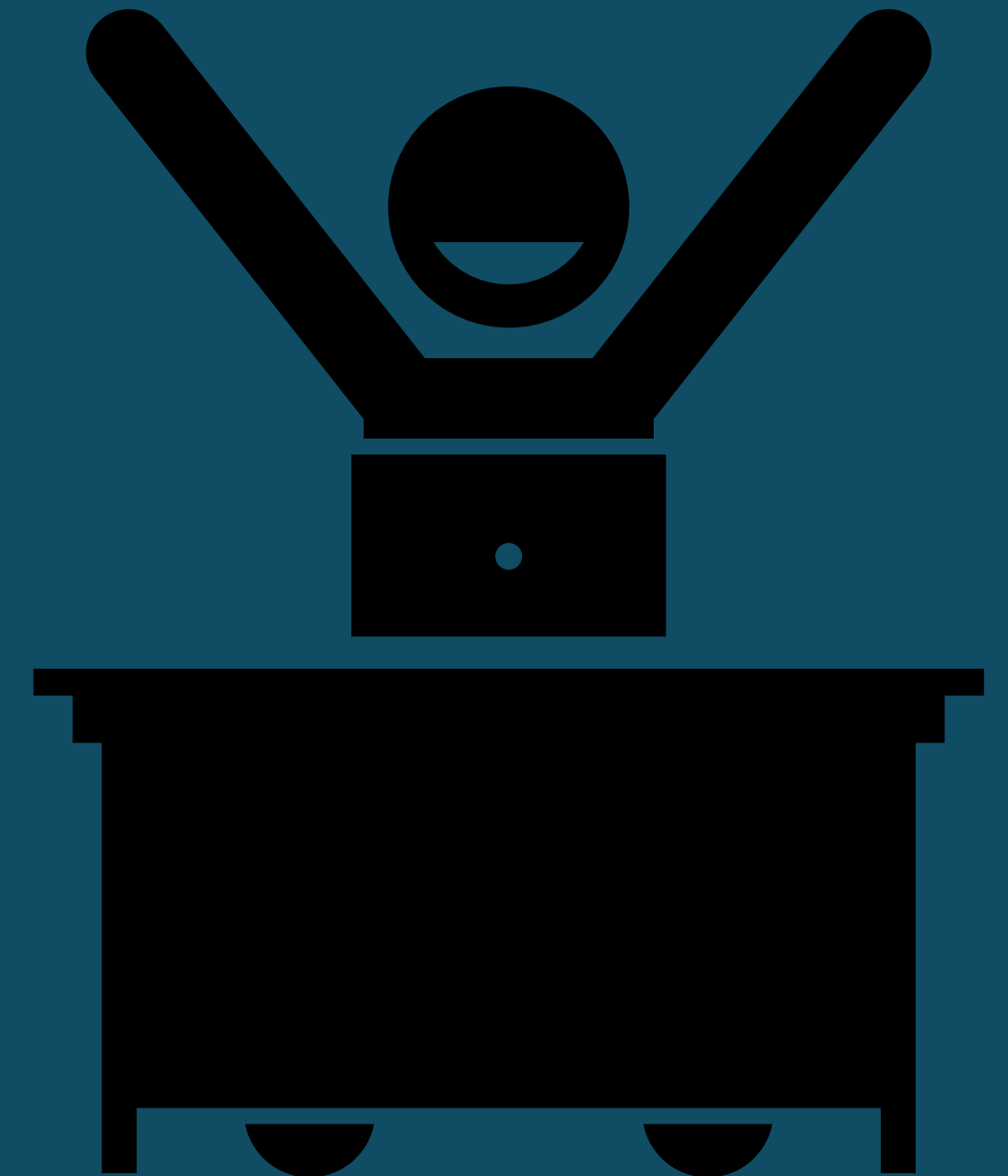


Everybody wants to be happy, including when at work. We spend a lot of time at work after all.

When we are happy at work, we are likely to also be happier in the rest of our life. We believe that Happiness at Work should be on the list of top priorities of all organisations, big and small, national and international.

Let's work together to make happiness at work the rule and not the exception. We do not mean to say that everybody has to be happy all the time. Or that happiness is the single responsibility of organisations. Happiness at Work is a shared responsibility.

International Week of Happiness at Work



39

ADHD Awareness Month

1st - 31st October



The 2025 ADHD Awareness Month theme is "The Many Faces of ADHD!"

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting both children and adults around the globe.

For some, ADHD was not recognised when they were a child, and they are diagnosed later as an adult. People with ADHD may also have additional issues, such as sleep and anxiety disorders.

ADHD Awareness Month's goal is to provide reliable information and encourage the ADHD community to help all people move forward by continuing to share information, understanding, and support.

ADHD Awareness Month



40 Black History Month

1st - 31st October



In the UK, Black History Month happens every October. It gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture.

People from African and Caribbean heritage have been a fundamental part of British history for centuries. However, their contribution to society has often been overlooked and distorted.

Greater attention has been paid to the importance of the Windrush generation and the Black Lives Matter movement in recent years, especially since the 2020 death of unarmed African American man George Floyd. Continuous learning and reflection supports greater understanding.

BBC - Black History Month: What is it and why does it matter?
Black History Month

**BLACK
HISTORY
MONTH**

41 Dyslexia Awareness Week

6th-13th October



Dyslexia is a specific learning difficulty which primarily affects reading and writing skills. However, it does not only affect these areas. Dyslexia is actually about information processing.

Dyslexic people may have difficulty processing and remembering information they see and hear, which impacts on their learning. Dyslexia can also impact on other areas such as coordination, math, time keeping, organisational skills and memory.

The 2025 theme for the week will be Dyslexia: Raising the Volume. See the British Dyslexia Association for updates:

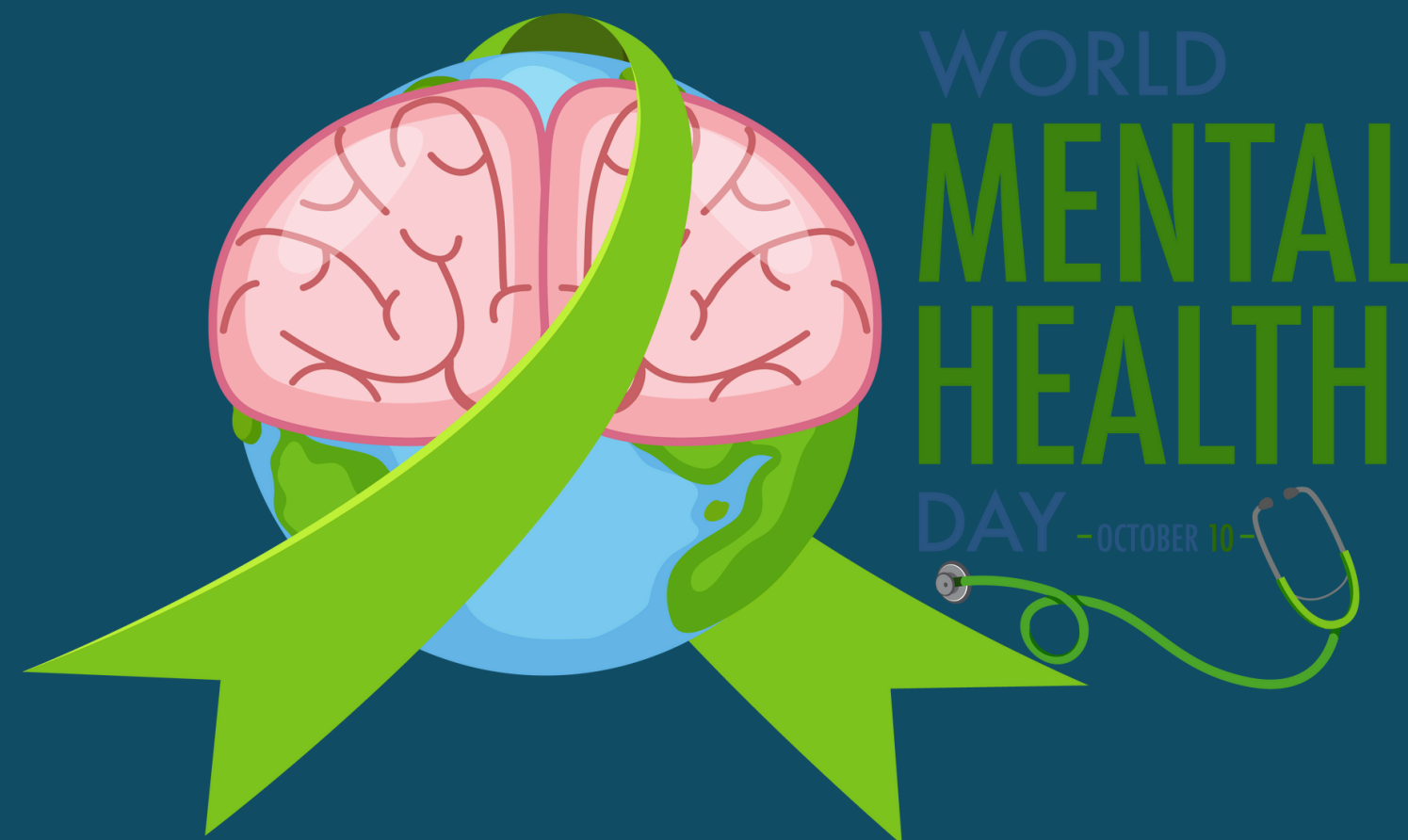
British Dyslexia Association - Dyslexia Awareness Week



42

World Mental Health Day

10th October



We all have mental health, just like we have physical health. Mental health is a person's condition with regards to their psychological, emotional and social wellbeing. This can affect how we think, feel and act. Making sure you look after your mental health is just as important as looking after your physical health.

World Mental Health Day (10 Oct) is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

World Health Organisation - World Mental Health Day



43 OCD Awareness Week

13th - 19th October



Obsessive compulsive disorder (OCD) is an anxiety disorder. Most people receive a diagnosis by age 19, less frequently onset is after the age of 35. If you live with OCD, you will usually have obsessive thoughts and compulsive behaviours.

October 10th-16th is International OCD Awareness Week and is an opportunity to learn more about OCD.

International OCD Foundation



44

National Coming Out Day

11th October



National Coming Out Day is an annual LGBTQIA+ awareness day observed on October 11th.

Coming out is a unique experience for each LGBTQIA+ person. It's not a one-time event; many LGBTQIA+ individuals who come out to their closest friends and family may later come out at work or school, to their extended family, or to casual acquaintances.

For some, coming out is no longer a big deal – it can be a simple matter of correcting someone's assumptions about you, or introducing your partner. For others, coming out is still a huge challenge. The very real fear of facing discrimination, bullying, or judgement can cause people to stay 'in the closet', struggling with anxiety while they strive to be themselves.



Stonewall - Why Do We Need National Coming Out Day.

45 National Stress Awareness Day

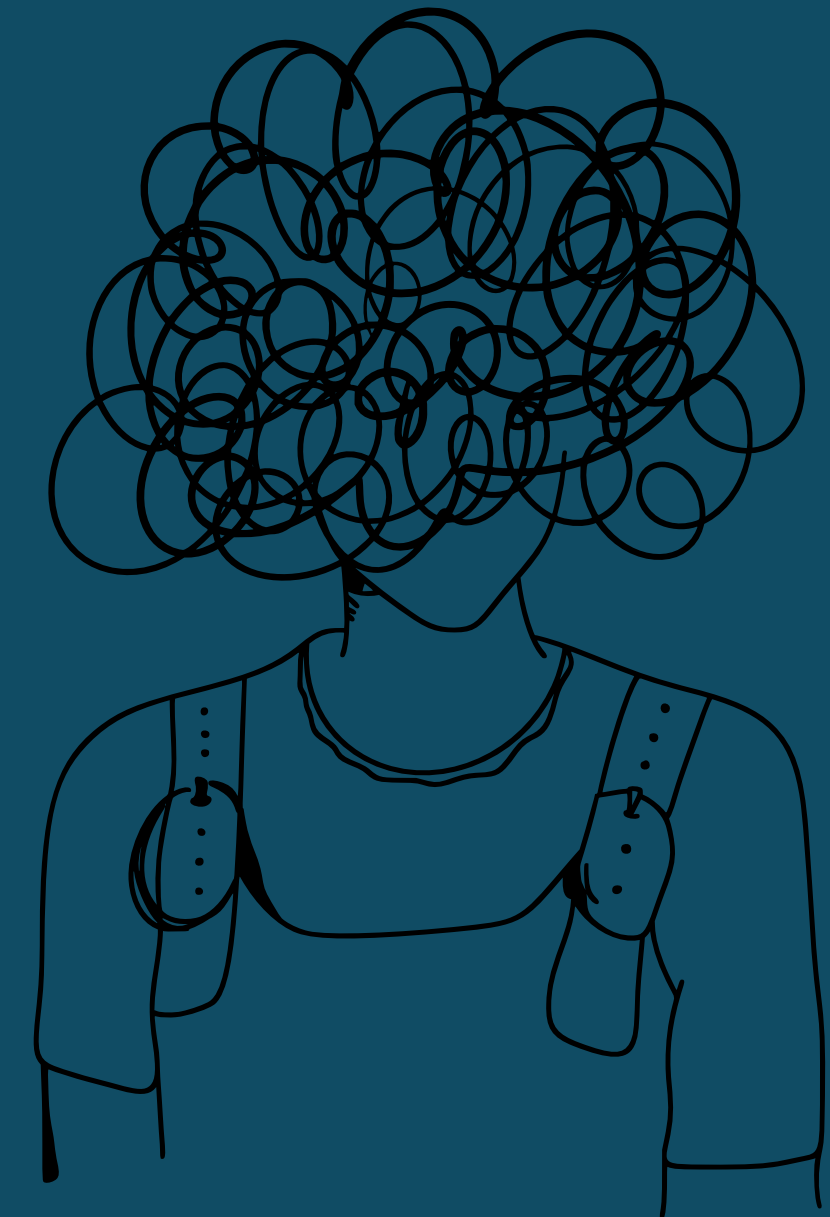
2nd November



There are many reasons we can feel stressed, whether it's deadlines for work, change in our relationships or pressures we may be putting on ourselves. Sometimes stress can be useful. It can motivate us to sort things out or get something done.

However, there are times when stresses can pile up, or when a prolonged period of stress can really impact on us, leaving us feeling unable to cope. This is when we need to consider the impact stress is having on us mentally and physically.

The first Wednesday in November is National Stress Awareness Day. This is an opportunity to think about the effects of stress, physically and mentally, as well as how we can manage feelings of stress.



Papyrus UK - National Stress Awareness Day

46 Anti-Bullying Week

10th-14th November



Bullying in any form is wrong and should not be tolerated, and that any environment that encourages bullying, or shows indifference to prejudice and discrimination is unacceptable.

Anti-Bullying Week is observed every year in the third week of November. Research shows that experiencing bullying can have a significant impact on a child's life well into adulthood.

To ensure we are able to prevent bullying, act quickly when it takes place and avoid misidentifying bullying, it is vital that we have a shared definition of bullying.

Anti-Bullying Alliance - Anti-Bullying Week



47 World Kindness Day

13th November



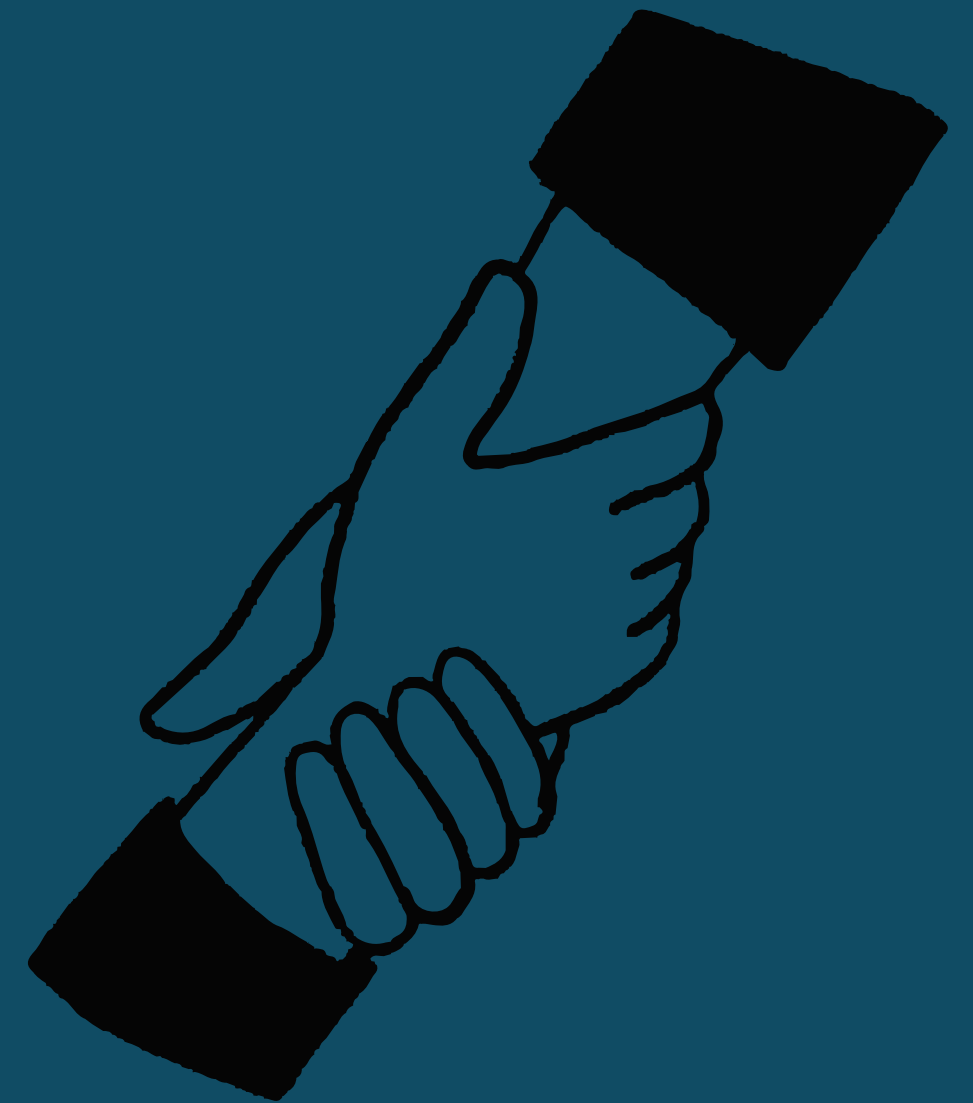
WORLD KINDNESS DAY

Kindness is a fundamental part of the human condition which bridges the divides of race, religion, politics, gender and location.

Acts of kindness start a ripple of change that can transform the lives of children, families and entire communities.

There are so many ways to celebrate World Kindness Day, both big and small. If you'd like to make a meaningful impact in your community, Save the Children have offered 10 Ways to Help Others in to Your Community, including making a local donation, checking in on a neighbour, volunteering your time or advocating for a cause you care about.

Kindness UK - World Kindness Day



48

16 Days of Activism against Gender-Based Violence

25th November - 10th December



The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

It is used as an organising strategy by individuals and organisations around the world to call for the prevention and elimination of violence against women and girls.

UN Women - 16 Days of Activism against Gender-Based Violence



49 Carers Rights Day

21st November



Carers Rights Day raises awareness of caring, helping to identify carers and signposting them to information, advice and support.

Whether someone has recently become a carer, realised they have been caring for a while without support or has been caring for someone for many years, it's important they understand their rights and are able to access the support that is available to them whenever they need it.

Carers UK - Carers Rights Day





Mental Health Support Provider

Striving to exceed the expectations of others

Promoting mental health is vital to the overall well-being of individuals and communities. By breaking the stigma around mental health, we create an environment that encourages open dialogue and support.

