

SEAH

Mental Health Support Provider

Mental Health Calendar

2026

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JAN

Tip of the month:

Start the year with mindful movement.

January often feels like a fresh start, so use it to build a habit that supports both body and mind. Try adding 10 minutes of gentle stretching or yoga each morning. It helps improve flexibility, reduce stress, and set a positive tone for the day. Pair it with a few deep breaths to boost mental clarity and calm.



1

1st - 31st January Dry January

Dry January encourages people to take a break from alcohol for the month, promoting both physical and mental wellbeing. Participating can improve sleep, boost energy, support liver health, and help people reflect on their drinking habits. Research shows that even a month off alcohol can lead to lasting health benefits and increased self-awareness about lifestyle choices.

Ways to get involved:

- Take the challenge individually or with friends and family for mutual support.
- Share your experience to inspire others and raise awareness of the benefits of moderation.
-

Dry January isn't just about abstaining—it's an opportunity to reset, reflect, and make positive changes for your health.



21st - 31st January Veganuary



Veganuary is a global campaign encouraging people to try a plant-based diet for the month. Adopting a vegan or mostly plant-based diet can improve heart health, support sustainable living, and encourage mindful eating. It also raises awareness of ethical and environmental issues related to food choices.

Ways to get involved:

- Experiment with new plant-based recipes at home or with friends.
- Support vegan businesses, restaurants, or community initiatives.
- Share your experience on social media to inspire and educate others.

Veganuary is an opportunity to explore new foods, reduce environmental impact, and consider how our choices affect personal health and the planet.

319th January Brew Monday

On Brew Monday, the third Monday in January, Samaritans reminds everyone to reach out for a cuppa and a catch-up with the people you care about.

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](#)



4

30th January Parent Mental Health Day

Parent Mental Health Day focuses on the mental wellbeing of parents and caregivers. Raising children can be rewarding, but it also comes with stress, pressure, and emotional challenges.

Many parents experience anxiety, depression, or burnout, yet these struggles are often overlooked or stigmatized.



Ways to support / raise awareness:

- Check in with parents in your life and offer a listening ear without judgment.
- Share resources and support services available for parental mental health.
- Encourage workplaces and communities to provide flexible support for parents and caregivers.

Parent Mental Health Day reminds us that caring for parents' wellbeing is just as important as caring for their children —it strengthens families and communities.



FEB

Tip of the month:

Connect with your people.

February is often associated with love and connection. Use this month to strengthen your relationships and nurture your support network. Reach out to a friend or family member each week for a chat, a walk, or a shared activity. Social connection can boost mood, reduce stress, and create a sense of belonging. Even a short message or call can make a big difference—for you and for them.



5

6th February Time to Talk

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](#)



6th - 15th February Children's Mental Health Week



This week is all about helping children feel safe, valued, and understood in the spaces they spend their time—at home, school, and in their communities. Take the time to listen to children without judgment and encourage them to express their feelings. Ask questions like, “How does this place make you feel?” or “What makes you feel safe and happy here?”

Creating environments where children feel a sense of belonging supports their confidence, emotional wellbeing, and resilience. Small actions—like validating their emotions, celebrating their achievements, or giving them space to play and explore—can make a big difference. Remember, helping children feel that “this is my place” lays the foundation for lifelong mental health.

Tip: Spend 10–15 minutes each day this week checking in with a child in your life. Listen, encourage, and celebrate their unique space in the world.

7th 24th February - 2nd March Eating Disorders Awareness Week

Eating Disorders Awareness Week aims to increase understanding, reduce stigma, and encourage compassionate conversations around eating disorders and body image. Eating disorders can affect people of all ages, genders, backgrounds, and body types, and they are serious mental health conditions — not lifestyle choices.

This week is a reminder to challenge harmful myths, avoid commenting on appearance or food choices, and promote a balanced, respectful relationship with food. Encouraging open, non-judgmental conversations can help people feel seen, supported, and more able to seek help when they need it.



Raising awareness helps create a safer, more understanding environment where recovery and support are possible.

Beat Eating Disorders



MAR

Tip of the month:

Celebrate your uniqueness.

This month, focus on self-acceptance and valuing what makes you different.

Explore your hobbies, strengths, and quirks. Acknowledging your individuality can improve self-esteem and resilience. Consider journaling something you like about yourself each day.



8th - 31st March Endometriosis Awareness Month



March is **Endometriosis Awareness Month**, dedicated to raising understanding of endometriosis, a chronic condition where tissue similar to the lining of the uterus grows outside it. It affects around 1 in 10 women and people assigned female at birth, often causing pain, fatigue, and fertility challenges.

Why it matters:

- Endometriosis is often underdiagnosed, with symptoms dismissed or misunderstood.
- Awareness encourages earlier diagnosis, proper management, and empathy.
- Charities like Endometriosis UK provide information, support networks, and advocacy.

Ways to engage:

- Learn and share the signs and symptoms: painful periods, fatigue, digestive issues, and infertility.
- Support awareness campaigns or fundraising events.
- Offer understanding and practical support to those affected in your community.

Raising awareness reduces stigma, helps people get the support they need, and drives research for better treatments.



91st March Self-Injury Awareness Day

Self-Injury Awareness Day aims to increase understanding, reduce stigma, and encourage open, compassionate conversations. Self-injury is often a way of coping with intense or overwhelming emotions, rather than a desire for attention. Many people who self-injure may feel isolated, ashamed, or unsure how to ask for help.

This day reminds us of the importance of empathy and non-judgmental support. Taking the time to listen, validate feelings, and gently encourage access to professional support can make a meaningful difference. Awareness helps create safer spaces where people feel able to speak openly and seek help when they need it.

Understanding and compassion can help open the path to support and recovery.



10th March International Women's Day

Empowered
Women
Empower
Women



International Women's Day celebrates the achievements of women and highlights the importance of equality, inclusion, and wellbeing. The 2026 theme, "Give To Gain", reminds us that supporting women—through mentorship, encouragement, or simply listening—benefits everyone. When we give time, support, and understanding, we help create stronger communities and workplaces.

This day is also a moment to reflect on the pressures women often face, from balancing work and caregiving to societal expectations, and how we can foster environments that support mental and emotional wellbeing.

Small acts of support and recognition can have a big impact—when women thrive, everyone gains.

11

12th

March University Mental Health Day



University Mental Health Day highlights the importance of mental wellbeing for students and staff in higher education. University life can bring excitement, but also pressure, change, and uncertainty, which can impact mental health.

This day encourages open conversations, compassion, and access to support within university communities. Checking in with yourself and others, seeking help early, and normalising mental health discussions all help create healthier learning environments.

Supporting mental health at university helps everyone learn, grow, and thrive.

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16th - 22nd March Neurodiversity Celebration Week

Neurodiversity Celebration Week recognises and values the different ways people think, learn, communicate, and experience the world.

Neurodiversity includes conditions such as autism, ADHD, dyslexia, and dyspraxia, and highlights that neurological differences are a natural part of human diversity.

This week encourages us to move beyond awareness and focus on acceptance, inclusion, and strengths. Creating supportive environments—at work, in education, and in everyday life—helps people feel understood, valued, and able to thrive.

By embracing neurodiversity, we create spaces where everyone has the opportunity to belong and succeed.



13

20th March International Day of Happiness

The International Day of Happiness reminds us that happiness and wellbeing matter. Happiness doesn't have to come from big achievements—it can be found in small, everyday moments like connection, gratitude, kindness, and rest.

This day encourages us to reflect on what supports our wellbeing and to prioritise habits that bring balance and positivity into our lives. Sharing kindness with others can also boost happiness for everyone involved.

Small moments of joy can have a powerful impact on mental wellbeing.

enjoy
the
little
things

SPREAD
KINDNESS



14

30th March World Bipolar Day

Bipolar disorder is a lifelong mental health condition that affects mood, energy levels, and daily functioning. It can have a significant impact on a person's ability to manage day-to-day life, but with the right understanding and support, people can live fulfilling lives.

World Bipolar Day is marked each year on 30th March, the birthday of Vincent van Gogh, who was believed to have bipolar disorder. The day aims to increase understanding of what bipolar is — and isn't — and to challenge myths and stigma.

By learning more and having open conversations, we can help create a more supportive and informed society.





APR

Tip of the month:

Pause and manage stress.

Stress Awareness Month reminds us to check in with ourselves. Try building small moments of calm into your day—deep breathing, a short walk, or a five-minute meditation. Recognizing stress early helps you respond more effectively, rather than reacting impulsively.



15th

- 30th April Stress Awareness Month



Stress Awareness Month reminds us that stress is a normal part of life, but prolonged stress can affect mood, sleep, concentration, and physical health. Recognising stress early and taking steps to manage it helps protect your overall wellbeing.

Tips for coping:

- Practice deep breathing or mindfulness for a few minutes each day.
- Take short walks outside to clear your mind.
- Prioritise tasks and ask for support when needed.

Even small daily actions can prevent stress from building and improve your resilience.

16th - 30th April World Autism Acceptance Month

Autism Acceptance Month focuses on understanding, accepting, and including autistic people. Autism affects communication, social interaction, and how people experience the world, and every autistic person is different.

Tips for supporting inclusion:

- Listen and ask how someone prefers to communicate.
- Avoid assumptions about abilities or behaviour.
- Celebrate strengths and unique perspectives.

Creating supportive environments helps autistic people feel valued and able to thrive.



17th April World Autism Awareness Day

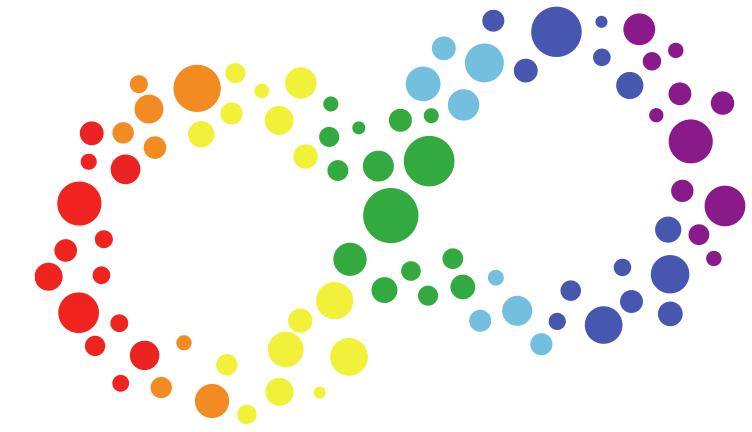
World Autism Awareness Day encourages understanding, acceptance, and inclusion of autistic people worldwide. Autism is a lifelong condition that affects how individuals communicate, interact, and experience everyday life, and every autistic person is different.

This day is also an opportunity to support autistic people through fundraising and awareness campaigns. The National Autistic Society offers ways to get involved, whether it's hosting a community event, taking part in a challenge, or raising money online. Funds help provide vital services, support, and advocacy for autistic people and their families.

Tips to get involved:

- Organise a small fundraising event or challenge in your community.
- Share awareness posts or resources to educate others.
- Donate or encourage friends and family to support the cause.

By taking action, you can help create a more inclusive world for autistic people.



18th April International Day of Sport for Development and Peace



Sport and physical activity improve mental health, reduce stress, and strengthen social connections. This day highlights how movement can benefit individuals and communities alike.

Tips to get moving:

- Take a brisk walk, stretch, or try a home workout.
- Join a local community sport or recreational group.
- Encourage friends or family to be active together.

Movement doesn't have to be intense—any activity that gets you moving helps your mind and body.

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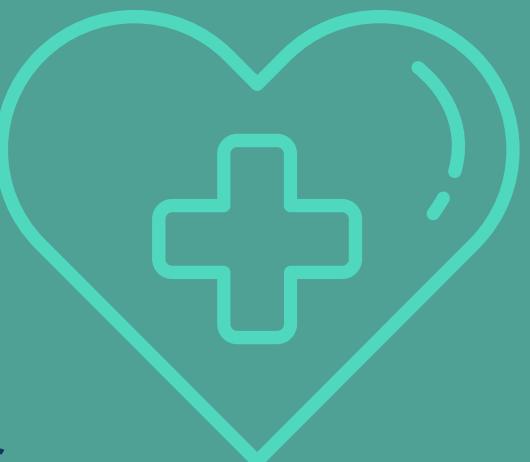
7th April World Health Day

World Health Day held on 7 April each year, is dedicated to promoting the benefits of good health and wellbeing worldwide. It reminds us that mental, physical, and social health are all connected.

Aims of World Health Day:

- Raise awareness of universal health coverage and the importance of primary care as its foundation.
- Encourage individuals, policymakers, and health professionals to take action for accessible health care for everyone.
- Ensure everyone has the information and services needed to care for their own health and that of their families.
- Promote skilled, person-centred care and support investment in primary health care systems.

Tip: Check in on your own health, support others where you can, and remember that looking after mental and physical wellbeing is a lifelong priority.



2011th April World Parkinson's Day



World Parkinson's Day raises awareness of Parkinson's disease, a progressive neurological condition that affects movement, coordination, and sometimes mood and cognition. The condition can impact both physical and mental wellbeing, and support is essential for quality of life.

The Blue Campaign is part of World Parkinson's Day, encouraging people to wear blue, share information, and raise awareness about Parkinson's. Simple acts like participating in events, posting on social media, or talking about the condition help reduce stigma and support those affected.

Tips to support people with Parkinson's:

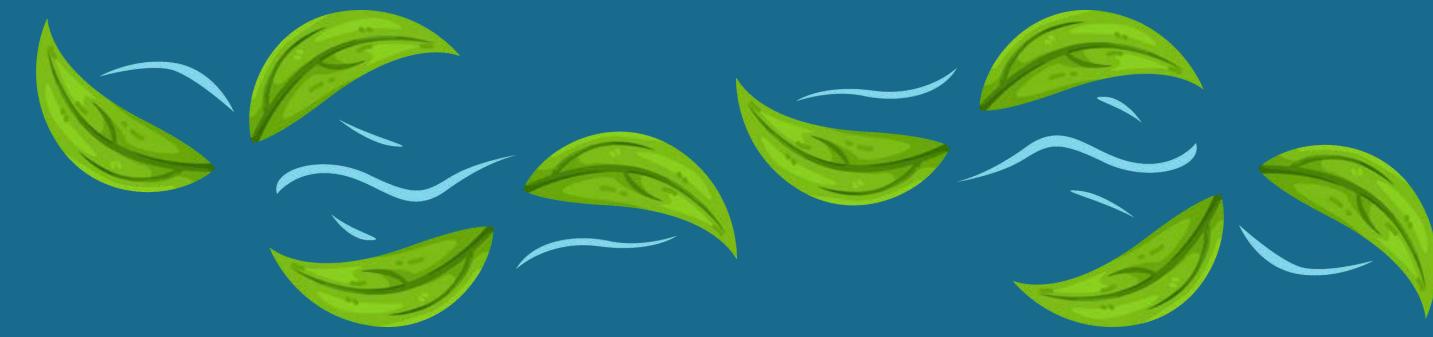
- Learn about Parkinson's to understand the challenges faced.
- Offer practical support in daily tasks or encourage gentle physical activity.
- Take part in the Blue Campaign by wearing blue or sharing awareness messages.
- Promote access to care, support networks, and community resources.

Awareness, empathy, and small actions make a real difference in the lives of people living with Parkinson's.



21
22nd

April Earth Day



Earth Day highlights the connection between environmental health and human wellbeing. Spending time in nature can reduce stress, improve mood, and foster a sense of purpose and community. Caring for the planet also benefits future generations.

Tips to connect with nature and support wellbeing:

- Take daily walks outdoors and notice your surroundings.
- Participate in eco-friendly activities, such as recycling or tree planting.
- Encourage family or community involvement in sustainability projects.

Small actions for the planet can support both your wellbeing and the wider community.

28th

April World Day for Safety and Health at Work

This day emphasises the importance of safe and supportive workplaces. Work-related stress, lack of breaks, and poor communication can impact both mental and physical health.

Tips for a healthier workplace:

- Take regular breaks and practice self-care during the workday.
- Encourage open discussions about mental health with colleagues.
- Set clear boundaries to maintain a work-life balance.

Healthy workplaces support wellbeing, productivity, and long-term resilience for everyone.





MAY

Tip of the month:

Move your body, lift your mind.

Physical activity supports both mental and physical health. Whether it's walking, dancing, or gentle stretching, even 15 minutes a day can boost mood, reduce anxiety, and increase energy. Try pairing movement with outdoor time to amplify the benefits.



23rd- 31st

May National Walking Month

National Walking Month encourages people to walk more for both physical and mental wellbeing. Walking is a simple, accessible form of exercise that can reduce stress, boost mood, improve heart health, and enhance creativity. Studies show that **just 30 minutes** of walking a day can improve cardiovascular fitness and support mental clarity.

Ways to get involved:

- Explore local parks, green spaces, or new walking routes.
- Walk with friends, family, or colleagues to combine social connection with activity.
- Consider “walking meetings” or short strolls during breaks to refresh your mind.



Walking doesn't have to be intense—every step counts toward better wellbeing.

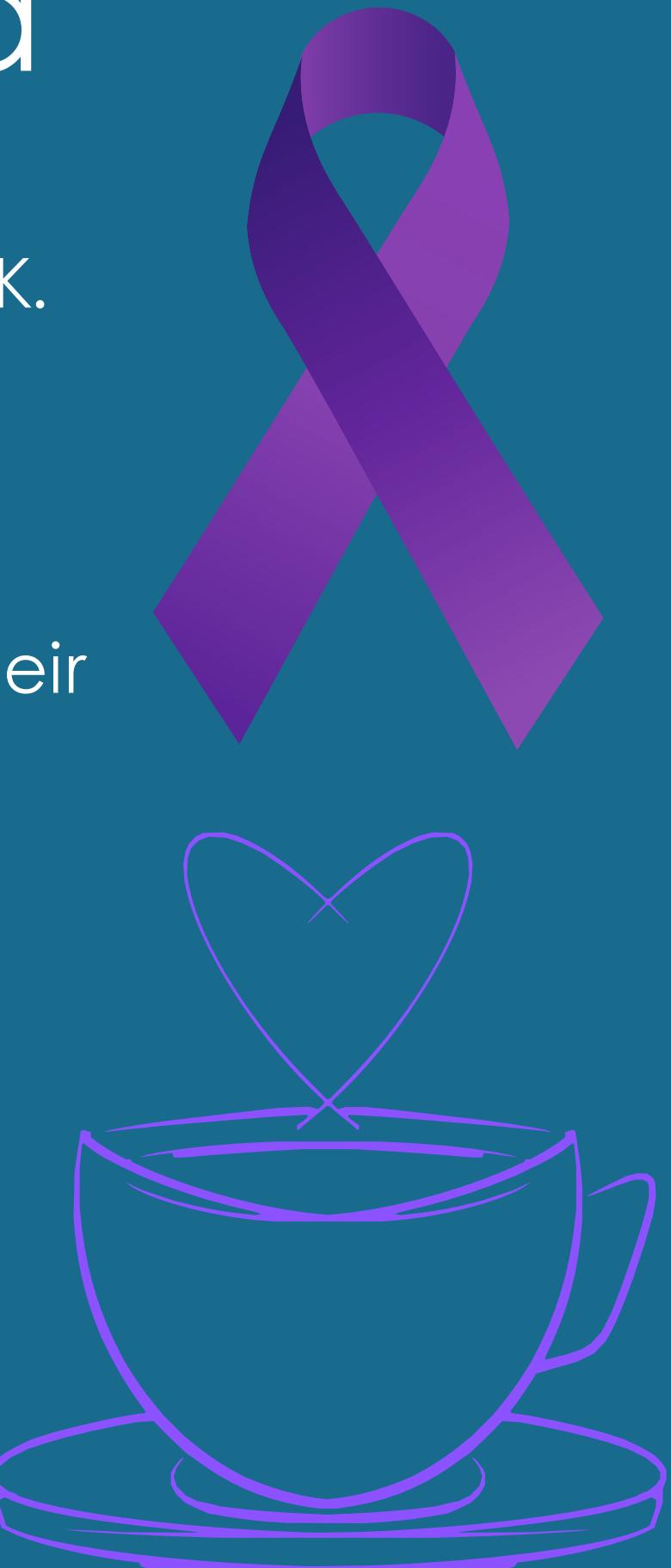
24st - 8th May Time For a Cuppa

Time for a Cuppa is a national fundraising campaign run by Dementia UK. It encourages people to host coffee mornings, tea breaks, or informal gatherings to raise money and awareness for families affected by dementia. The campaign helps fund specialist dementia nurses who provide vital support and guidance to those living with dementia and their loved ones.

Ways to get involved:

- Host a coffee morning at home, in your workplace, or community space.
- Invite friends, family, or colleagues to join and donate.
- Share your event on social media to inspire others and spread awareness.

Even a small cup of coffee can make a big difference in supporting people affected by dementia.



25th May World Hand Hygiene Day



World Hand Hygiene Day highlights the vital role handwashing plays in preventing illness and protecting communities. Proper hygiene reduces the spread of infections and protects vulnerable groups.

How to support / raise awareness:

- Promote handwashing awareness in your workplace or school.
- Share resources or demonstrations on effective hand hygiene.
- Lead by example—practicing good hygiene inspires others to follow.

26th - 12th May Deaf Awareness Week



Deaf Awareness Week celebrates deaf culture, raises understanding of hearing loss, and highlights challenges and achievements. Around 466 million people globally have disabling hearing loss, yet accessibility barriers remain.

How to support / raise awareness:

- Learn basic sign language phrases to improve communication.
- Advocate for captions or assistive technology in public spaces.
- Share stories or resources about deaf culture to increase understanding.

27

4th - 10th May Maternal Mental Health Week

Maternal Mental Health Week focuses on supporting mental wellbeing before, during, and after pregnancy.

Research shows that one in five mothers and one in ten fathers experience perinatal mental health challenges, yet stigma often prevents open discussion.



How to support / raise awareness:

- Check in on new parents and listen without judgment.
- Share resources or mental health services available for parents.
- Encourage workplaces to provide flexible support for new parents.

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11th - 17th May Mental Health Awareness Week (UK)

Mental Health Awareness Week is the UK's largest mental health campaign, engaging communities across workplaces, schools, and online. Each year focuses on a specific theme—past themes have included stress management, physical activity, and social connection.

The week promotes conversation, challenges stigma, and encourages people to understand and reflect on their own mental health. It also highlights evidence-based strategies for maintaining wellbeing, such as movement, mindfulness, and seeking support when needed.



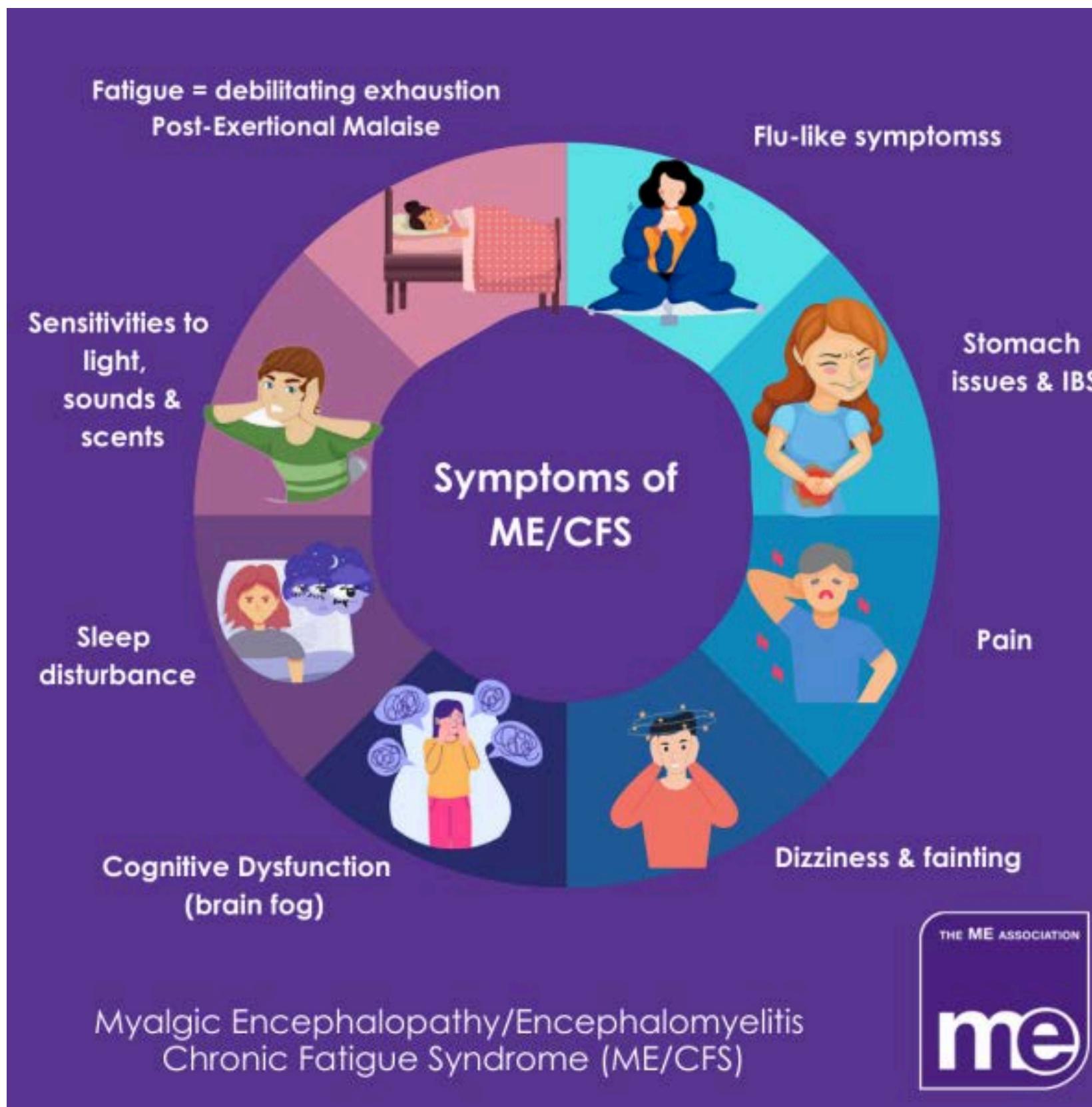
it's okay to feel
your feelings



29

1th - 17th

May ME Awareness Week



ME (Myalgic Encephalomyelitis), also known as Chronic Fatigue Syndrome (CFS), is a serious long-term condition that affects energy, concentration, and daily functioning. A key symptom is post-exertional malaise, where even small amounts of activity can cause symptoms to worsen.

Because many symptoms are invisible, people with ME often face misunderstanding and stigma. ME Awareness Week aims to improve understanding, challenge myths, and support those living with the condition.

Supporting awareness helps create empathy, belief, and better care for people with ME.

30
12th

May International Nurses Day

International Nurses Day celebrates the vital role nurses play in healthcare worldwide. Nurses support physical and mental wellbeing, provide care and compassion, and improve health outcomes for communities.

Tips to show appreciation:

- Thank nurses in your workplace or community.
- Advocate for their wellbeing and safe working conditions.
- Support nursing charities or initiatives where possible.

Recognising and valuing nurses strengthens healthcare for everyone.



31st



15th May International Day of Families

The International Day of Families recognises the importance of family wellbeing, connection, and support. Healthy family relationships contribute significantly to mental and emotional health.

Tips to nurture family wellbeing:

- Schedule quality time together regularly.
- Openly communicate about feelings and listen without judgment.
- Celebrate diversity and individual strengths within the family.

This day encourages reflection on family diversity, equality, and wellbeing, highlighting ways communities can support family life.

31st May - 15th June Tourette's Awareness Month

Tourette's syndrome is a neurological condition that usually begins in childhood and causes involuntary movements and sounds known as tics. Tics can change over time and vary greatly from person to person. While some people have mild symptoms, others may experience tics that affect daily life, learning, or confidence.

Tourette's is often misunderstood, and many people living with the condition face stigma, teasing, or assumptions about their behaviour. Tourette's Awareness Month aims to improve understanding, challenge myths, and promote acceptance and inclusion for people with Tourette's.

How you can support or raise awareness:

- Learn and share accurate information about Tourette's
- Be patient and avoid drawing attention to tics
- Support Tourette's charities and awareness campaigns
- Promote inclusive and understanding environments at school, work, and in the community

Greater awareness helps reduce stigma and supports people to live confidently and authentically.



317th

May National Children's Day (UK)

National Children's Day celebrates children's rights, health, and wellbeing. It focuses on creating safe environments, promoting education, and ensuring children have opportunities for play, creativity, and self-expression.

This day is an opportunity to reflect on how families, schools, and communities can empower children, build confidence, and foster resilience. Celebrating children also raises awareness of inequalities and challenges they may face, encouraging collective action to support their development.



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17th May World Hypertension Day

World Hypertension Day raises awareness about high blood pressure, a “silent killer” affecting over a billion people worldwide. Early detection and lifestyle management are crucial, yet many remain undiagnosed. The day educates communities about prevention, treatment, and the importance of heart health.

Tips to manage blood pressure:

- Maintain a balanced diet low in salt and processed foods.
- Stay physically active with regular exercise.
- Monitor blood pressure and follow medical guidance.



Early action and lifestyle choices help protect heart health and wellbeing.

35th - 24th May Dementia Action Week

Dementia Action Week is the UK's biggest annual awareness and action campaign, led by Alzheimer's Society. The week brings communities together to improve understanding of dementia, challenge stigma, and support people living with the condition and their families.

Dementia affects millions of people across the UK, but the right support can make a real difference. Alzheimer's Society provides specialist advice and support, runs the Dementia Friends programme, campaigns for earlier diagnosis and better care, and offers practical resources for daily life.



How you can help:

- Become a Dementia Friend
- Share Alzheimer's Society information and resources
- Support fundraising events like Memory Walks or coffee mornings
- Show patience, kindness, and understanding to people affected

Taking action helps create dementia-friendly, inclusive communities.

319th

- 25th May National Epilepsy Week

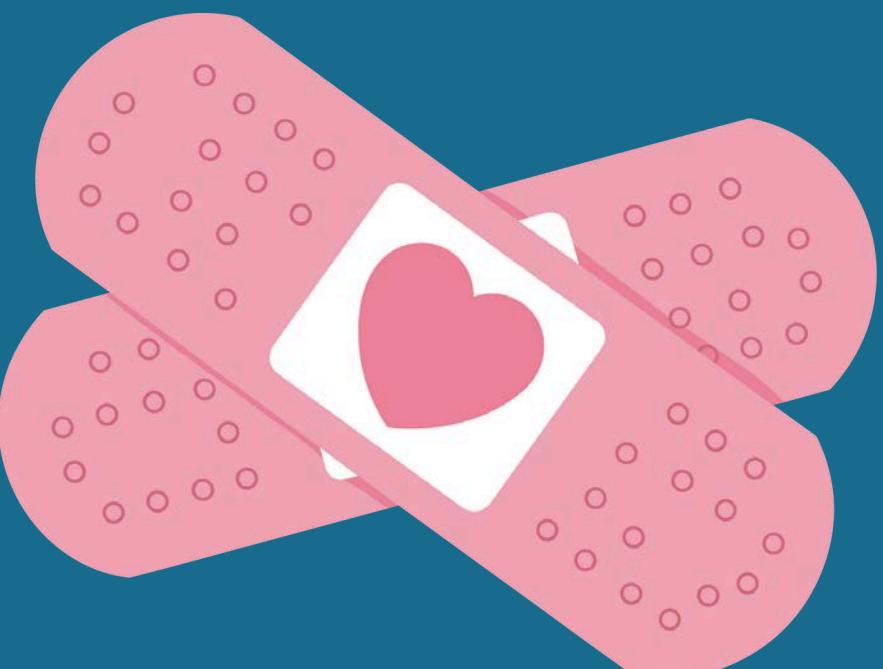
National Epilepsy Week raises awareness of epilepsy, a neurological condition affecting brain activity. About 1 in 100 people worldwide have epilepsy, yet misconceptions and stigma remain common.

The week shares facts, personal stories, and educational resources to improve understanding, promote safety, and ensure people living with epilepsy can participate fully in community life.



How to support / raise awareness:

- Learn basic seizure first aid and share the knowledge.
- Support epilepsy charities through fundraising or volunteering.
- Share accurate information to dispel myths and reduce stigma.



37

28th May World Hunger Day

World Hunger Day unites millions of people and thousands of organisations globally to amplify the voices of those facing hunger and work toward the UN Sustainable Development Goal of Zero Hunger.

Despite producing enough food to feed everyone, over 800 million people go hungry each day, and two-thirds are women. Hunger is often silent and invisible, passed from generation to generation, and can prevent people from achieving education, health, and economic opportunity. Unlike famines, many live with chronic food insecurity, forced to accept a life of hunger.

How you can help or raise awareness:

- Support local food banks or global hunger relief charities
- Reduce food waste and promote sustainable eating practices
- Fundraise or participate in awareness campaigns to highlight food insecurity
- Educate others about the impact of hunger and ways to take action

Every action, big or small, helps bring us closer to a world where everyone has enough to eat.



JUN

Tip of the month:

Celebrate who you are.

June is Pride Month—a reminder to embrace identity, community, and acceptance. Spend time with supportive people or engage in an activity that affirms you. Practicing self-acceptance and inclusivity strengthens mental wellbeing for yourself and others.



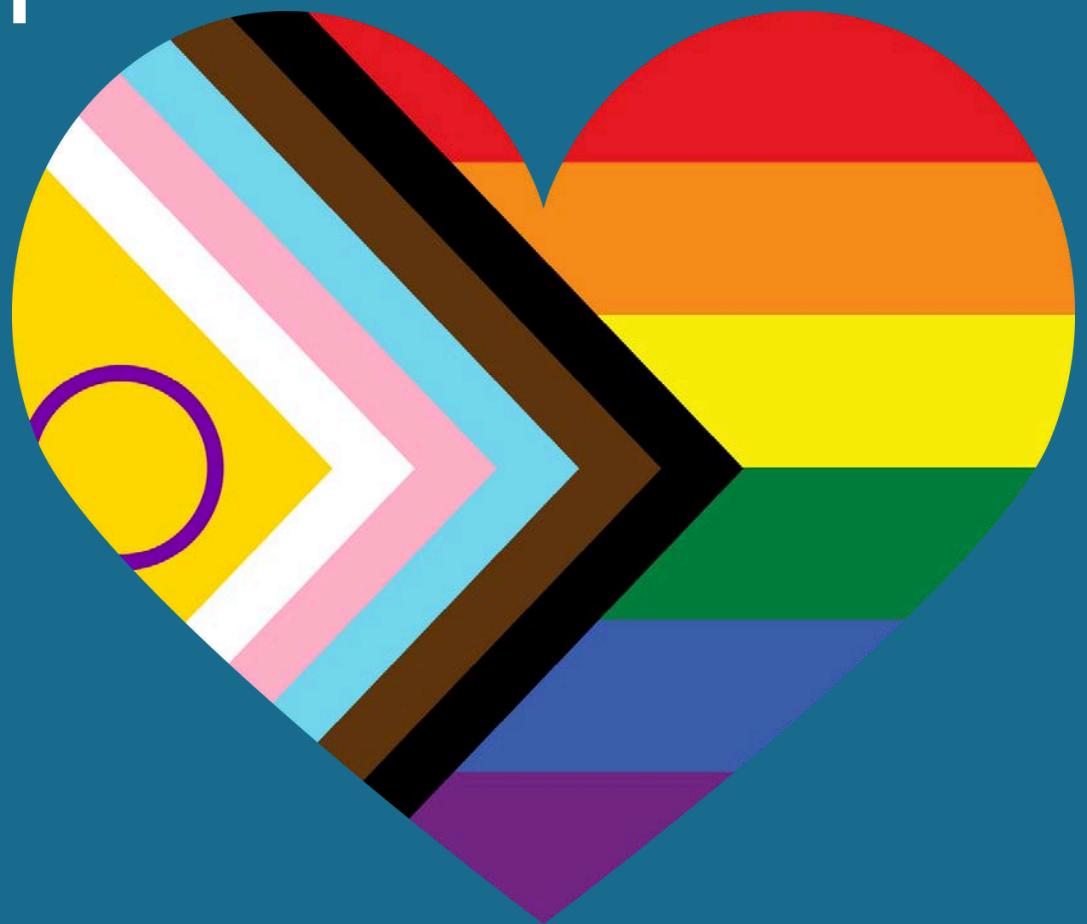
2021st - 30th June Pride Month

Pride Month celebrates LGBTQ+ communities, their history, achievements, and ongoing fight for equality. It's also a reminder of the mental health challenges that discrimination and stigma can create.

How to support or raise awareness:

- Attend Pride events or virtual celebrations.
- Learn about LGBTQ+ history and amplify diverse voices.
- Advocate for inclusive policies in workplaces and communities.
- Support LGBTQ+ charities providing mental health and social services.

Celebrating Pride and promoting inclusivity helps build understanding, improve wellbeing, and create stronger, more supportive communities.



#LOVEWiNS!

30
1st

- 30th June PTSD Awareness Month

PTSD Awareness Month improves understanding of post-traumatic stress disorder and encourages early support for those affected. PTSD can impact anyone who experiences trauma, not just veterans.

How to support or raise awareness:

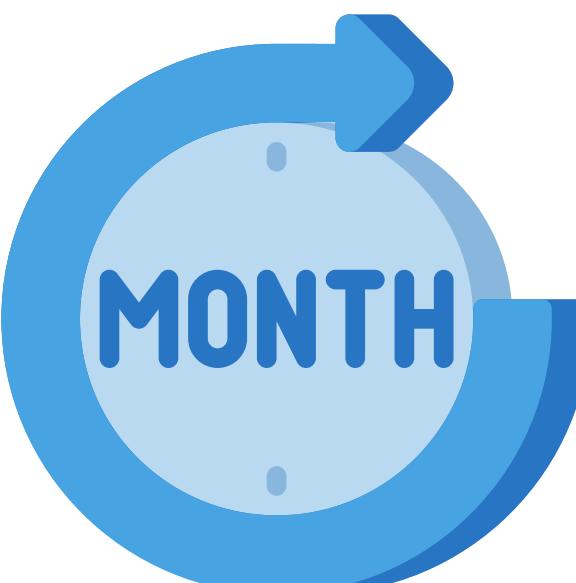
- Listen and believe people who share their experiences.
- Share trusted resources and promote seeking professional help.
- Support PTSD-focused organisations offering therapy, peer groups, or advocacy.

Awareness and understanding reduce stigma, helping people seek support and access treatment to improve their recovery and quality of life.



40

1st - 30th



1st - 30th June Men's Health Month

Men's Health Month highlights the importance of physical and mental wellbeing for men. Men are less likely than women to seek help for health concerns, making awareness critical.

How to support or raise awareness:

- Encourage open conversations about mental and physical health.
- Share resources on healthy habits, exercise, and early detection.
- Participate in or promote men's health campaigns or fundraising events.

Focusing on men's health encourages preventative care, early diagnosis, and a culture of openness that can save lives.

41^{8th} - 14th June Men's Health Week

Men's Health Week is part of Men's Health Month and emphasises preventative health, fitness, and mental wellbeing. Stress management and regular health check-ups are key focuses.



How to support or raise awareness:

- Organise health checks, talks, or workshops.
- Promote conversation about stress, mental health, and seeking help.
- Support campaigns providing information and services to men in need.

By raising awareness, Men's Health Week helps men take proactive steps toward long-term wellbeing.

42nd - 14th June Carers Week

Carers Week recognises the millions of people who provide unpaid support to family or friends. Caring can be rewarding but also demanding, affecting physical, emotional, and social wellbeing.

How to support or raise awareness:

- Offer practical help or respite for carers.
- Share information on carer support services.
- Thank carers and raise awareness of their contributions.

Acknowledging carers and providing support helps reduce isolation and improves both carers' and cared-for individuals' wellbeing.

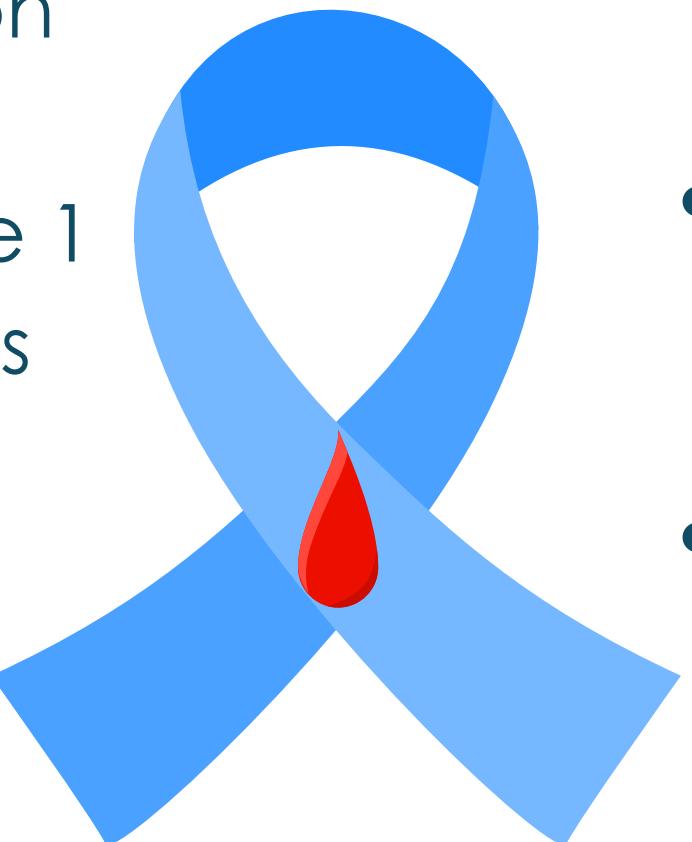


43rd - 14th June Diabetes Awareness Week

Diabetes Awareness Week raises understanding of diabetes, its impact on daily life, and the importance of early detection and management. Both Type 1 and Type 2 diabetes can lead to serious complications, including heart disease, nerve damage, kidney problems, and vision loss if unmanaged.

Signs and symptoms to be aware of:

- Increased thirst and frequent urination
- Unexplained weight loss or gain
- Fatigue or feeling unusually tired
- Blurred vision
- Slow-healing cuts or infections



How to support or raise awareness:

- Promote healthy eating, regular exercise, and routine check-ups.
- Share educational resources about diabetes management and prevention.
- Support diabetes charities through fundraising, volunteering, or advocacy.

By recognising the signs and understanding the condition, we can help prevent complications, support people living with diabetes, and encourage healthier lifestyles in our communities.

4/4
9th - 15th



9th - 15th June Loneliness Awareness Week

Loneliness Awareness Week highlights the hidden effects of social isolation on mental and physical health. Chronic loneliness can increase the risk of depression, anxiety, and heart disease.

How to support or raise awareness:

- Check in on friends, family, or neighbours.
- Volunteer with community projects or befriending services.
- Promote initiatives that foster social connection.

Small acts of kindness and connection can make a significant difference in reducing loneliness and improving community wellbeing.

45th - 21st June Learning Disability Week

Learning Disability Week celebrates people with learning disabilities and encourages inclusion in schools, workplaces, and communities. Awareness helps break down barriers and challenge stereotypes.

How to support or raise awareness:

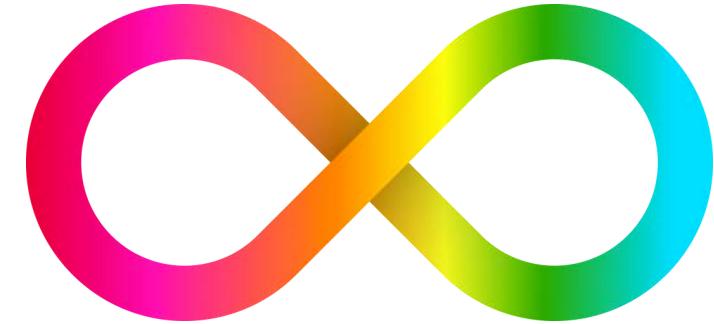
- Learn about learning disabilities and challenge misconceptions.
- Promote inclusive workplaces, schools, and community spaces.
- Support charities providing education, advocacy, and social opportunities.

Creating inclusive environments empowers people with learning disabilities and strengthens society as a whole.



46
18th

June Autistic Pride Day



Autistic Pride Day celebrates the identity, diversity, and strengths of autistic people. It encourages society to recognise that autism is a natural variation in human neurology, not a deficit, and to challenge the stigma and misconceptions that often surround it.



How to support or raise awareness:

- Celebrate neurodiversity in schools, workplaces, and communities.
- Highlight the skills and unique perspectives autistic people bring.
- Share autistic voices, experiences, and advocacy resources.
- Promote understanding and adjustments that support autistic people's wellbeing.
- Small changes in communication or environment can make a big difference.

Raising awareness and fostering acceptance helps autistic people live authentically, participate fully in their communities, and have their strengths recognised and valued.

47th
22nd - 28th

June Deafblind Awareness Week

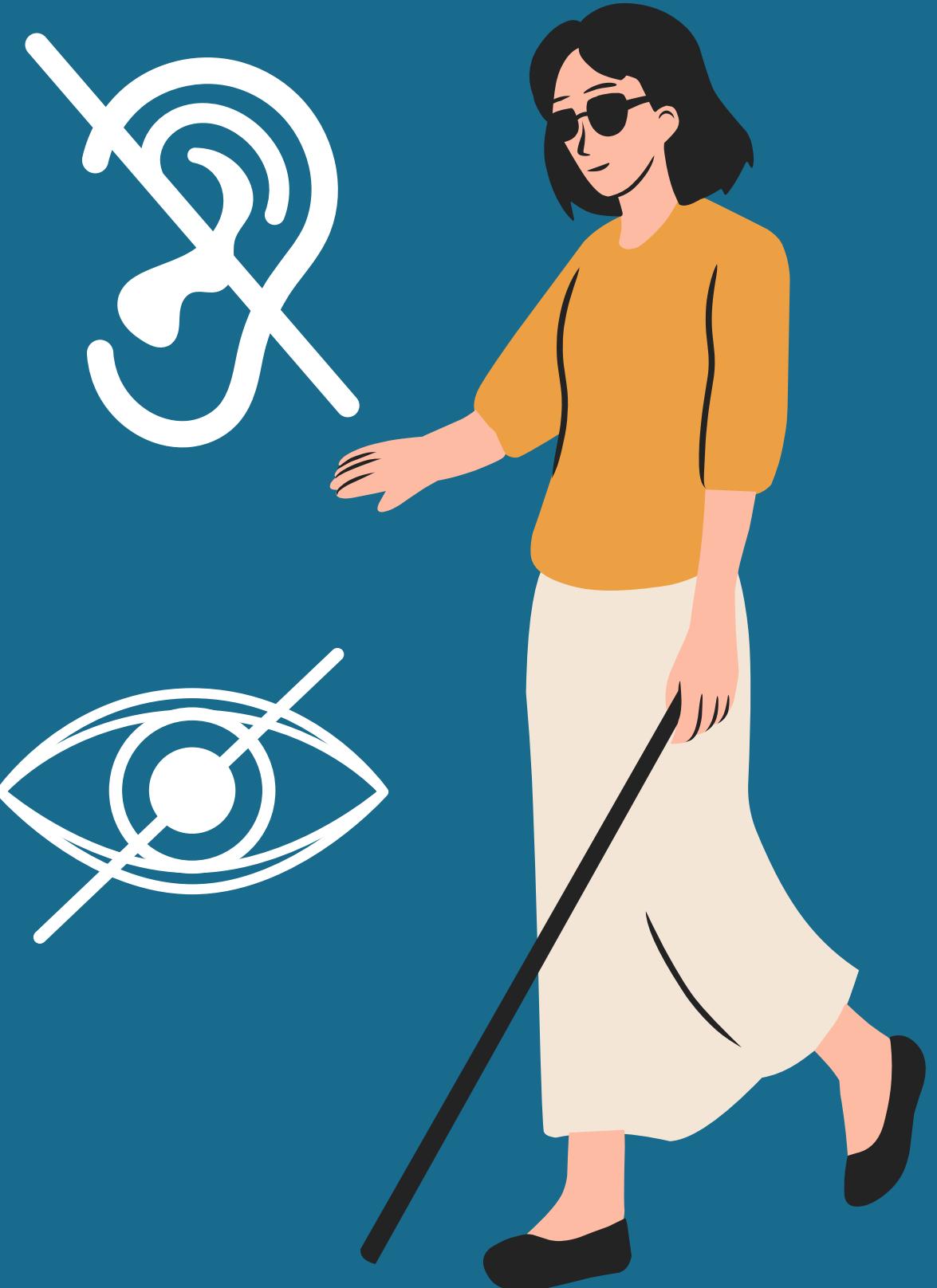
Deafblind Awareness Week highlights the experiences and needs of people who are both deaf and blind.

Communication and accessibility are essential for independence and social participation.

How to support or raise awareness:

- Learn about deafblind communication methods and accessible technologies.
- Share resources and stories to improve public understanding.
- Volunteer or donate to organisations supporting deafblind people.

Increased awareness and understanding help deafblind individuals live more independently and reduce social isolation.



40
20th

June World Refugee Day

World Refugee Day recognises the courage and resilience of refugees worldwide. Millions are forced to flee conflict, persecution, or disasters, often facing challenges in safety, education, and healthcare.



How to support or raise awareness:

- Donate to or volunteer with refugee support organisations.
- Raise awareness of refugee rights and integration programs.
- Advocate for inclusive policies and mental health support.

Supporting refugees helps rebuild lives, fosters resilience, and strengthens communities.

49
21st

June International Yoga Day

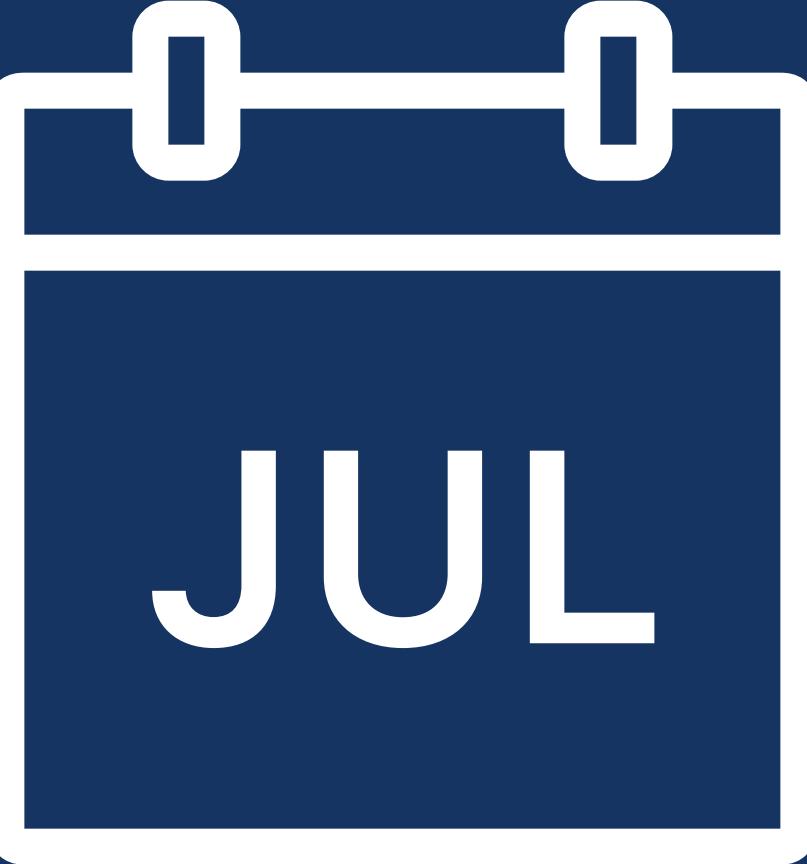
International Yoga Day promotes physical, mental, and social wellbeing through the practice of yoga. Yoga can help reduce stress, improve flexibility, and support mindfulness.

How to support or raise awareness:

- Join or organise a local or online yoga session.
- Encourage workplaces, schools, or communities to offer yoga or mindfulness activities.
- Share the benefits of yoga for mental and physical health.

Even short, regular practice can enhance balance, mental clarity, and overall health, benefiting individuals and communities alike.





JUL

Tip of the month:

Reflect and reset.

Summer can be a great time for reflection. Check in with yourself: what's going well, what could improve, and what small changes might make your life more balanced? Reflection helps build self-awareness and a sense of control.



50th July National Bereaved Parents Day



National Bereaved Parents Day recognises the grief and resilience of parents who have lost a child. Raising awareness encourages compassion and understanding for those affected.

How to support or raise awareness:

- Offer listening and emotional support to bereaved parents.
- Share resources and support from charities such as A Child of Mine, which provides guidance, peer support, and counselling.
- Create safe spaces for remembrance and conversation.

Acknowledging grief and providing support can reduce isolation and promote healing for bereaved families, helping them feel seen and supported.

51st - 12th July Alcohol Awareness Week

Alcohol Awareness Week focuses on the impact of alcohol on health, wellbeing, and daily life. It encourages informed choices and highlights support for those struggling with alcohol use.

How to support or raise awareness:

- Promote moderation and safe drinking habits.
- Share information about support services for alcohol misuse.
- Encourage conversations about alcohol in workplaces and communities.

Raising awareness helps people make healthier choices and access help when needed.



5215th

July National Relaxation Day



National Relaxation Day encourages taking time to rest, reduce stress, and focus on self-care. Prioritising relaxation can improve both mental and physical health.

How to support or raise awareness:

- Practice mindfulness, meditation, or gentle exercise.
- Encourage breaks and downtime at home, school, or work.
- Share ideas and tips for relaxation with your community.

Even short moments of rest can improve focus, resilience, and overall wellbeing.



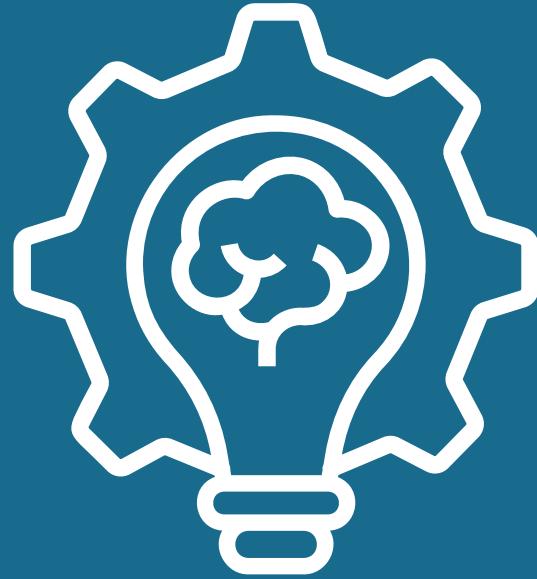
53rd 15th July World Youth Skills Day

World Youth Skills Day celebrates equipping young people with skills for work, confidence, and personal growth. Developing skills empowers youth to navigate challenges and succeed.

How to support or raise awareness:

- Share information about training programs and opportunities for young people.
- Mentor or support youth in developing new skills.
- Promote lifelong learning in schools and communities.

Empowering young people with skills builds confidence, opportunity, and stronger communities.



54

24th July Samaritans Awareness Day

Samaritans Awareness Day focuses on listening, emotional support, and suicide prevention. It highlights the importance of being present for people in distress.

How to support or raise awareness:

- Check in with friends, family, and colleagues who may be struggling.
- Share Samaritans' contact information and support resources.
- Promote active listening and compassionate communication.

Simple acts of listening and connection can save lives and strengthen community wellbeing.



55
25th

July National Schizophrenia Awareness Day

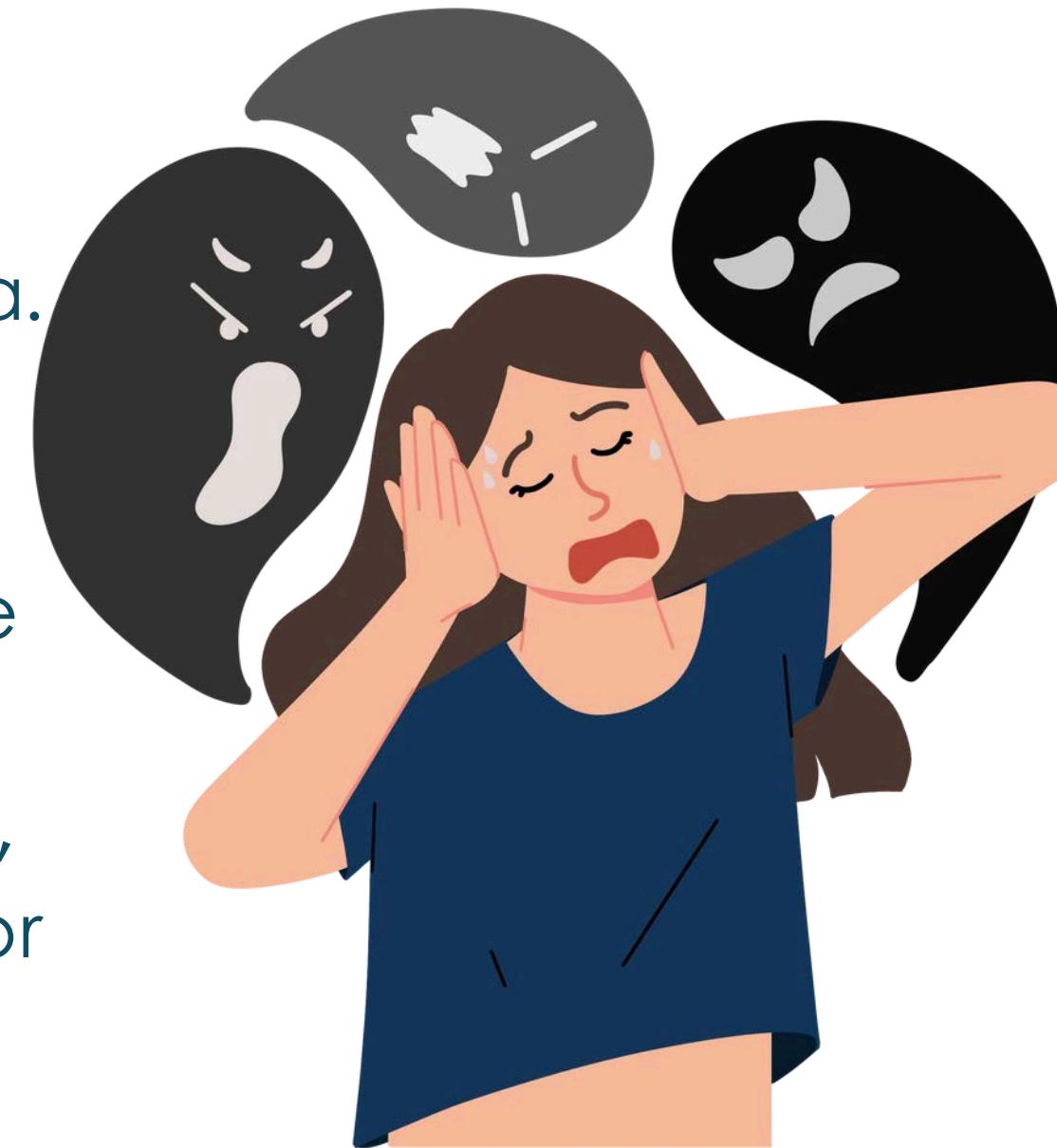


This day raises understanding of schizophrenia, a complex mental health condition affecting thoughts, emotions, and behaviour. Awareness helps challenge stigma and support early intervention.

How to support or raise awareness:

- Learn and share facts about schizophrenia.
- Support charities providing mental health care and advocacy.
- Promote inclusive environments for people living with schizophrenia.

Greater understanding encourages empathy, reduces stigma, and improves quality of life for those affected.



56th 28th July World Hepatitis Day

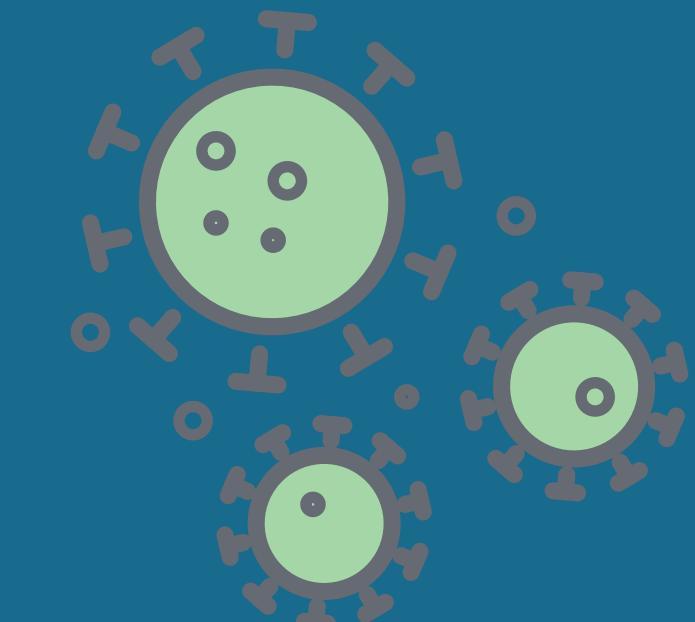


World Hepatitis Day raises global awareness of hepatitis prevention, testing, and treatment. Early diagnosis is key to preventing serious liver complications.

How to support or raise awareness:

- Share information about symptoms, vaccines, and testing.
- Support awareness campaigns and screening initiatives.
- Encourage regular check-ups for those at risk.

Educating communities helps reduce transmission, prevent illness, and improve health outcomes.



57th

30th July International Day of Friendship

International Day of Friendship celebrates the positive impact of friendships on wellbeing. Strong social connections support mental health and foster resilient communities.

How to support or raise awareness:

- Reach out to friends and strengthen social bonds.
- Promote inclusive activities that encourage connection.
- Share stories highlighting the value of friendship.

Nurturing friendships contributes to happiness, resilience, and a supportive society.





AUG

Tip of the month:

Recharge your mind and body.

Take intentional breaks this month. Step away from work or routines for small “mental vacations”—a quiet moment, nature walk, or hobby. Regular mental rest prevents burnout and helps maintain focus and emotional wellbeing.



58th

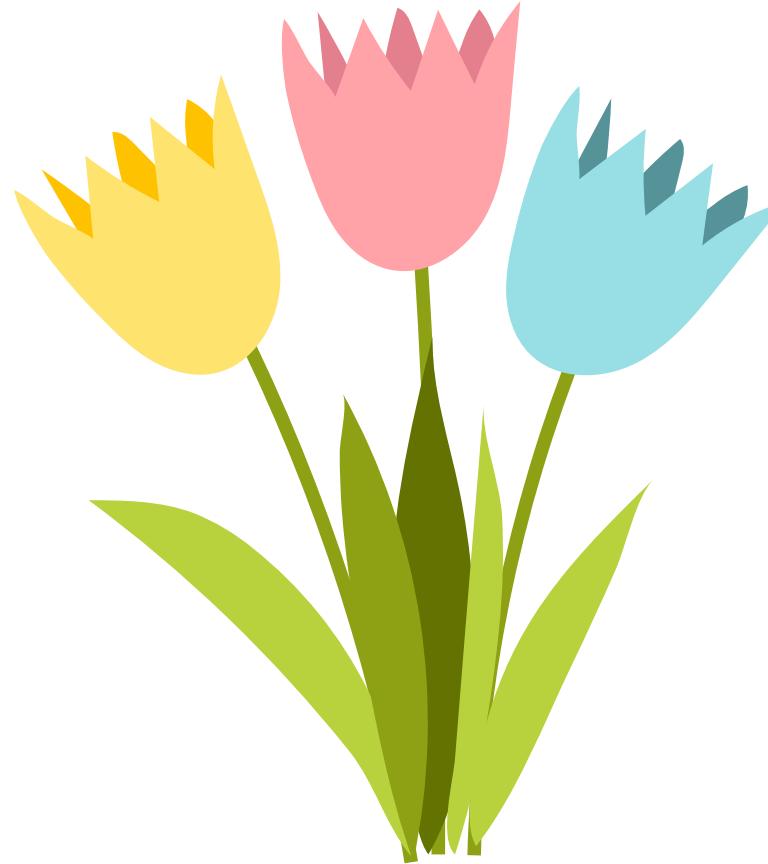
1st - 31st August Happiness Happens Month



A month devoted to celebrating wellbeing, positive habits, and moments of joy that support emotional health.

How to support or raise awareness:

- Take time each day to notice things that make you happy.
- Share ideas and activities that promote emotional wellbeing.
- Encourage friends, family, or colleagues to focus on positive moments.



Small, daily actions that cultivate happiness can improve resilience, reduce stress, and enhance overall mental health.



59¹st

- 7th August World Breastfeeding Awareness Week

World Breastfeeding Awareness Week, led by WHO and UNICEF, promotes breastfeeding as a human right and highlights the support systems needed for families. Breastfeeding provides essential nutrients, strengthens the immune system, and promotes bonding between parent and child.

Globally, breastfeeding helps reduce infant mortality and supports maternal health, while also offering long-term benefits for both parent and baby, including lower risks of chronic illnesses. Awareness ensures that parents have the support and information they need to make informed choices.



6015th August Relaxation Day

National Relaxation Day encourages people to prioritise downtime, stress reduction, and self-care. Chronic stress is linked to heart disease, sleep problems, and mental health challenges, so even brief periods of relaxation can have a measurable impact on wellbeing.

Simple practices like meditation, deep breathing, gentle yoga, or reading can help restore focus, improve mood, and support overall physical and mental health. Taking intentional breaks is not indulgent — it's essential for a balanced life.

How to support or raise awareness:

- Take time for mindfulness, meditation, or gentle activity.
- Encourage friends, family, or colleagues to pause and recharge.
- Share tips for relaxation and stress relief.

Even brief moments of rest can improve focus, reduce anxiety, and enhance overall wellbeing.



61

18th August Never Give Up Day



Never Give Up Day is a motivational observance highlighting resilience, perseverance, and mental determination. Life is full of setbacks, and learning to adapt and persist can improve confidence, problem-solving, and emotional wellbeing. Reflecting on personal or historical examples of resilience can inspire you and those around you to overcome challenges. Even small steps forward each day can lead to meaningful progress over time.

How to support or raise awareness:

- Share stories of overcoming challenges to inspire others.
- Encourage goal-setting and persistence in personal and professional life.
- Support mental health initiatives that build resilience skills.

Celebrating perseverance can motivate communities and individuals to keep moving forward despite setbacks.

62th August World Humanitarian Day

World Humanitarian Day honours the work of humanitarian aid workers worldwide and raises awareness of crises affecting millions of people, from natural disasters to conflict zones. Humanitarian workers often risk their lives to provide food, healthcare, and safety to vulnerable populations.

This day reminds us of the importance of global solidarity, empathy, and support. Learning about humanitarian efforts and supporting related initiatives, even locally, contributes to a more compassionate and resilient world.



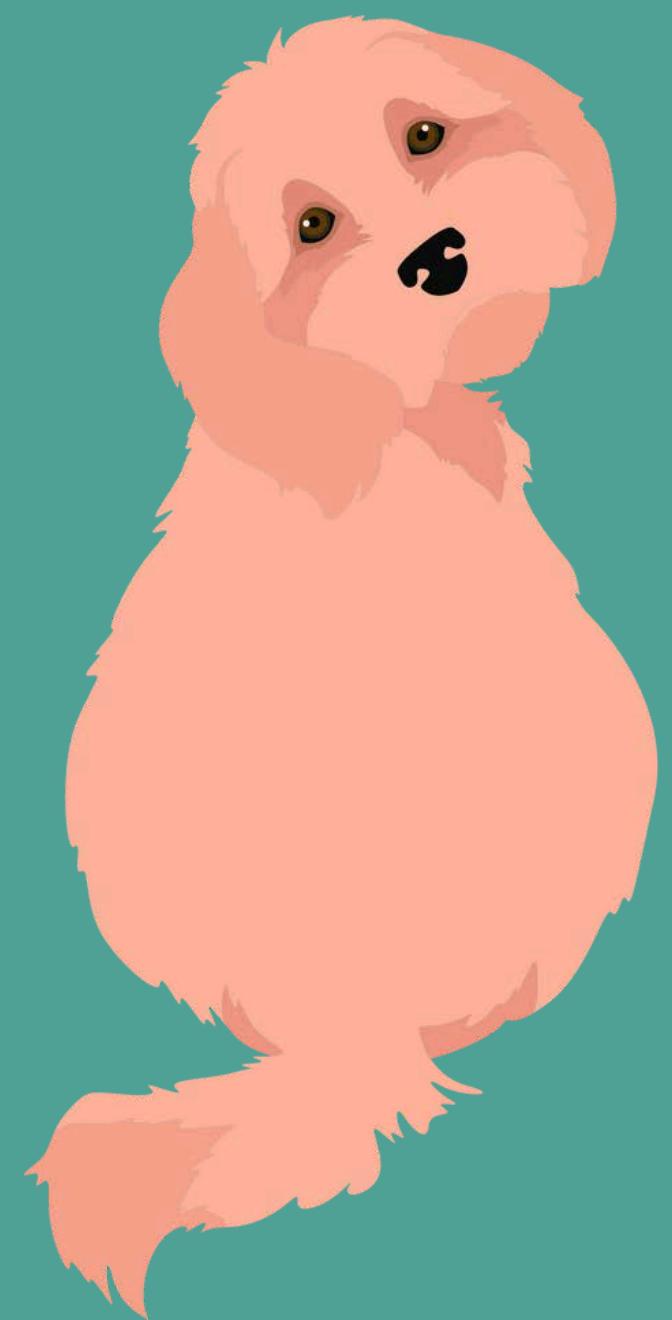
63

26th

August International Dog Day

How to support or raise awareness:

- Spend quality time with pets to boost your own mental health.
- Support local shelters or animal welfare organisations.
- Promote responsible pet ownership and adoption.



International Dog Day celebrates dogs and highlights their positive impact on wellbeing.

Dogs provide companionship, encourage physical activity, and can even help reduce stress, anxiety, and loneliness.

This day also raises awareness about animal welfare, responsible ownership, and the benefits of adoption. Spending time with a dog — whether your own or volunteering at a shelter — can boost mental and physical health for humans and animals alike.



64

31st August International Overdose Awareness Day

International Overdose Awareness Day is a global day of remembrance for people who have died or suffered due to drug overdoses. It aims to reduce stigma, raise awareness, and promote harm reduction strategies.

Substance use is often misunderstood, and stigma can prevent people from seeking help. This day encourages compassion, education, and community support, highlighting the need for resources, treatment access, and policies that protect vulnerable individuals.



How to support or raise awareness:

- Learn and share harm reduction strategies and resources.
- Support charities providing addiction support and recovery programs.
- Remember and honour those affected by overdose in your community.

Raising awareness helps prevent future deaths, supports affected families, and reduces the stigma surrounding substance use.



SEP

Tip of the month:

Cultivate positivity at work and home. Focus on small actions that increase happiness—show appreciation, celebrate successes, and practice gratitude. Positive habits improve mood and strengthen relationships. Even noting three things you're grateful for each day can boost wellbeing.



65th

1st - 30th September World Alzheimer's Month

September is **World Alzheimer's Month**, a global campaign to raise awareness of Alzheimer's disease and other forms of dementia. Dementia affects millions worldwide, and early diagnosis, understanding, and supportive care can dramatically improve quality of life.

Why it matters:

- Dementia impacts memory, thinking, and daily functioning, and also affects families and carers.
- Awareness reduces stigma and encourages early help-seeking and access to services.
- Charities like Alzheimer's Society offer resources, support groups, and advocacy for people living with dementia.



How to get involved:

- Learn about common signs of dementia and share reliable resources.
- Volunteer or fundraise for dementia charities.
- Participate in community awareness events like Memory Walks or educational workshops.

Raising awareness this month can make communities more understanding, inclusive, and supportive for people living with dementia.

66th September World Suicide Prevention Day

World Suicide Prevention Day is observed globally on 10 September each year to highlight suicide prevention, mental health awareness, and the importance of support networks.

Why it matters:

- Suicide is a leading cause of death among young people and adults globally.
- Talking openly about mental health and suicidal thoughts can save lives.
- Organisations like Samaritans provide 24/7 support and listening services.



How to get involved:

- Check in with friends, family, or colleagues and encourage open conversations.
- Share information about crisis helplines and support services.
- Support campaigns that promote mental health education and community awareness.

This day reminds us that connection, understanding, and compassion can prevent deaths and save lives.

6th 13th September Run for Bowel Cancer

The Great North Run takes place on 13 September 2026 and is a major fundraising event for charities supporting bowel cancer awareness and research, including Bowel Cancer UK.

Why it matters:

- Bowel cancer is one of the most common cancers in the UK, and early detection can save lives.
- Fundraising supports research, patient resources, and awareness campaigns.
- Participating in a charity run also promotes physical wellbeing and community spirit.

How to get involved:

- Join a charity team or register independently to fundraise.
- Share awareness about bowel cancer and early detection with your network.
- Support others training or fundraising for the cause.

Running or fundraising this September contributes to lifesaving research and helps educate communities about bowel cancer.



6th - 14th

20th September National Inclusion Week (UK)

National Inclusion Week celebrates diversity, inclusion, and equality across workplaces, schools, and communities in the UK. It encourages reflection on barriers that people face and action to make environments accessible and respectful for all.

Why it matters:

- Inclusive environments improve wellbeing, engagement, and mental health for everyone.
- Highlighting diversity encourages organisations and communities to challenge bias and discrimination.
- Events often include workshops, talks, and campaigns to celebrate different abilities, backgrounds, and identities.



69th

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

Celebrating happiness at work helps employees thrive, strengthens teams, and builds healthier organisational cultures.



International Week of Happiness at Work focuses on improving wellbeing, morale, and satisfaction in the workplace. Positive workplaces are linked to better mental health, productivity, and stronger team dynamics.

Why it matters:

- Supportive and engaging workplaces reduce stress and burnout.
- Recognising employees' contributions fosters a sense of belonging and purpose.
- Happiness at work is not just an individual goal — it benefits teams, organisations, and communities.



OCT

Tip of the month:

Talk about mental health.

This month, open up about your feelings and encourage others to do the same. Honest conversations reduce stigma and foster support. Remember, seeking help is a sign of strength, not weakness.



70th 1st - 31st October Black History Month

Black History Month in the UK celebrates the contributions, history, and culture of Black communities. It highlights achievements in arts, science, politics, and society, while also promoting equity, inclusion, and the dismantling of systemic barriers.

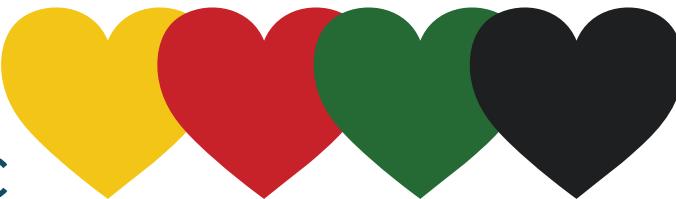
Why it matters:

- Recognises the impact and achievements of Black communities in shaping society.
- Encourages reflection on diversity, equality, and social justice.
- Inspires conversations about inclusion and combating racism.

Ways to engage:

- Attend events, talks, or exhibitions celebrating Black history and culture.
- Read and share stories, literature, or media highlighting Black contributions.
- Promote inclusion and equity in workplaces, schools, and communities.

Celebrating Black History Month builds understanding, respect, and stronger, more inclusive communities.



71

1st - 31st October Breast Cancer Awareness Month

October is **Breast Cancer Awareness Month**, a global campaign focused on early detection, screening, treatment, and support for those affected. Breast cancer is the most common cancer in the UK, affecting thousands each year.

Why it matters:

- Early detection through screening saves lives.
- Awareness encourages regular self-checks and timely medical attention.
- Charities like Breast Cancer Now provide support, education, and research funding.

Ways to engage:

- Attend awareness events or charity walks.
- Share information about symptoms, screening, and prevention.
- Fundraise or volunteer to support breast cancer research and patient services.

Raising awareness this month helps communities detect breast cancer early and supports those living with it.



72^{1st} - 31st Month



October ADHD Awareness

ADHD Awareness Month raises understanding of attention deficit hyperactivity disorder across all ages. ADHD can affect focus, organisation, and emotional regulation, and awareness reduces stigma while promoting effective support.

Why it matters:

- Many people with ADHD go undiagnosed or misunderstood, impacting education, work, and relationships.
- Raising awareness encourages acceptance and better support in schools, workplaces, and communities.
- Charities like ADHD Foundation provide guidance, resources, and advocacy.

73
1st

1st - 31st October Speak Up Month

Speak Up Month encourages people to voice concerns about discrimination, injustice, or mental health issues, and to create environments where speaking up is safe and respected.

Why it matters:

- Silence around problems can lead to stress, exclusion, or harm.
- Speaking up promotes fairness, wellbeing, and safer communities.
- Organisations benefit when employees feel confident to raise concerns.

Ways to engage:

- Share stories of positive change when people spoke up.
- Encourage open, respectful conversations at work or school.
- Support initiatives and workshops that empower individuals to speak up.



74th - 31st National Bullying Prevention Month

This month highlights the impacts of bullying and promotes safe, respectful environments in schools, workplaces, and online. Bullying affects mental health, confidence, and wellbeing for people of all ages.

Why it matters:

- One in three young people experience bullying, affecting mental health and learning.
- Workplace bullying leads to stress, absenteeism, and reduced productivity.
- Awareness campaigns help communities identify and challenge bullying behaviours.



Ways to engage:

- Promote kindness and inclusion through campaigns or school activities.
- Share resources and guidance on responding to bullying.
- Support anti-bullying organisations and initiatives.

Preventing bullying fosters respect, empathy, and wellbeing for everyone.



75th - 12th October Dyslexia Awareness Week



Dyslexia Awareness Week celebrates neurodiversity and raises understanding of dyslexia, a common learning difference affecting reading, writing, and organisation skills.

Why it matters:

- Dyslexia is not linked to intelligence; people with dyslexia often have unique strengths in problem-solving and creativity.
- Awareness improves support in schools, workplaces, and communities.
- Charities like British Dyslexia Association offer guidance, tools, and advocacy.



76

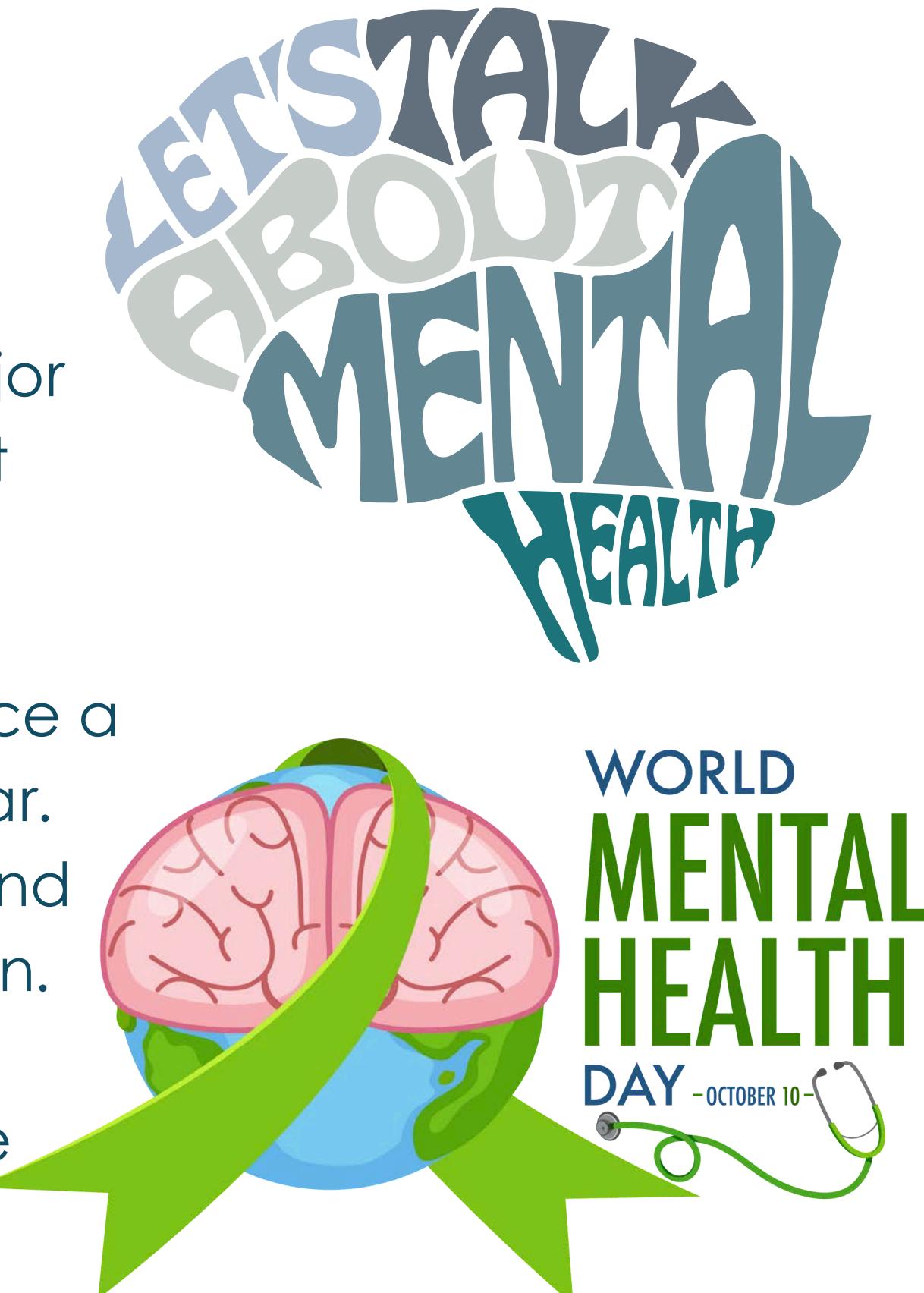
10th

October World Mental Health Day

World Mental Health Day raises global awareness about mental health issues and encourages actions to improve mental wellbeing. Stigma remains a major barrier to support and treatment worldwide.

Why it matters:

- One in four people experience a mental health issue each year.
- Awareness reduces stigma and encourages early intervention.
- Organisations like Mind and Rethink Mental Illness provide resources and support.



Ways to engage:

- Start conversations about mental health with friends, family, or colleagues.
- Participate in events, webinars, or community campaigns.
- Share information about local mental health services.

Raising awareness contributes to more supportive communities and healthier minds.

77

11th October National Coming Out Day



National Coming Out Day celebrates LGBTQ+ visibility, self-expression, and acceptance. It encourages supportive environments where people feel safe to share their identities.

Why it matters:

- Acceptance improves mental health, wellbeing, and social inclusion for LGBTQ+ individuals.
- Visibility and celebration combat stigma and discrimination.
- Organisations like Stonewall provide resources, guidance, and advocacy.

Ways to engage:

- Show support for LGBTQ+ friends, colleagues, or family members.
- Share resources or stories promoting understanding and inclusion.
- Participate in events, workshops, or campaigns that highlight LGBTQ+ voices.

Supporting coming out and visibility strengthens communities and promotes equality.



78th - 19th October OCD Awareness Week

OCD Awareness Week raises understanding of Obsessive-Compulsive Disorder (OCD), a mental health condition characterised by unwanted intrusive thoughts (obsessions) and repetitive behaviours (compulsions). OCD affects thousands of people worldwide and is often misunderstood or trivialised.

Why it matters:

- OCD can significantly impact daily life, relationships, work, and wellbeing.
- Awareness reduces stigma and encourages early help-seeking.
- Organisations like OCD-UK provide information, support groups, and guidance for managing symptoms.

Ways to engage:

- Learn about common signs of OCD and how it differs from typical habits.
- Share resources and raise awareness in your community or workplace.
- Support campaigns, events, or fundraising that help improve access to treatment and understanding.



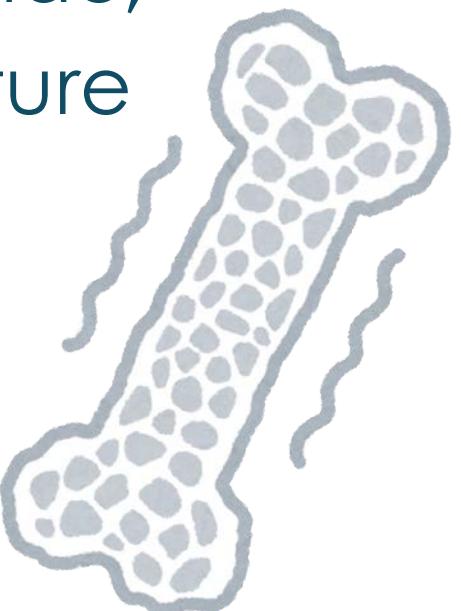
79
20th

October World Osteoporosis Day

World Osteoporosis Day highlights bone health, prevention, and early diagnosis of osteoporosis, a condition causing weak or brittle bones.

Why it matters:

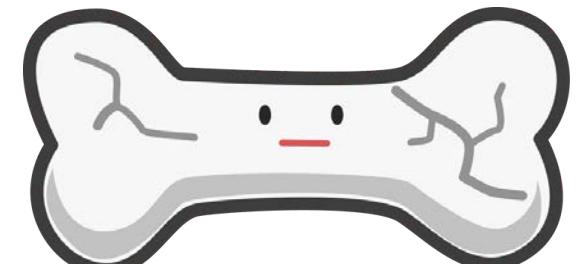
- Osteoporosis affects millions worldwide, often without symptoms until a fracture occurs.
- Awareness encourages bone-strengthening habits and early screening.
- Charities like National Osteoporosis Society provide education, resources, and support.



Ways to engage:

- Promote healthy lifestyle habits like calcium intake, vitamin D, and weight-bearing exercise.
- Share information on bone health checks and screening.
- Support initiatives that provide resources and advocacy for osteoporosis care.

Understanding bone health helps prevent fractures, improves quality of life, and empowers individuals to take proactive care.





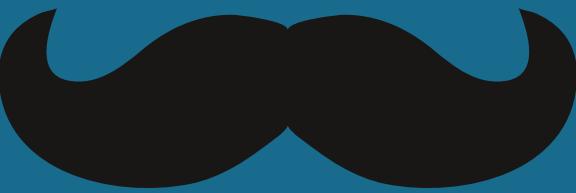
NOV

Tip of the month:

Check in with yourself and others. Take time to notice stress and emotional wellbeing. Encourage open conversations with friends, family, or colleagues. Small acts of kindness and support help build resilience for you and those around you.



80¹st - 30th November Movember



Movember is a global campaign dedicated to men's physical and mental health, focusing on prostate cancer, testicular cancer, and suicide prevention. It encourages men to speak openly about health and take proactive steps for wellbeing.

Why it matters:

- Men are less likely than women to seek help for physical or mental health concerns.
- Awareness encourages early detection and treatment for cancers and other conditions.
- Promotes conversation around men's mental health, reducing stigma.

Ways to engage:

- Grow a moustache to spark conversations and fundraising.
- Host events or challenges supporting men's health charities.
- Share reliable health information and encourage men to schedule check-ups.

By participating, you help save lives and create a culture of openness and support around men's health.



81

1st - 30th November National Diabetes Month



National Diabetes Month raises awareness of diabetes, its prevention, management, and impact. Over 4.9 million people in the UK are living with diabetes, and early detection is crucial to prevent complications.

Why it matters:

- Diabetes can lead to serious complications if unmanaged, including heart, kidney, and vision problems.
- Awareness encourages regular check-ups, healthy lifestyles, and better self-management.
- Charities like Diabetes UK provide guidance, support, and education for people with diabetes.

Learn the signs and symptoms of diabetes: increased thirst, fatigue, frequent urination, and unexplained weight changes.

81st-82nd

30th November Pancreatic Cancer Awareness Month

Pancreatic Cancer Awareness Month

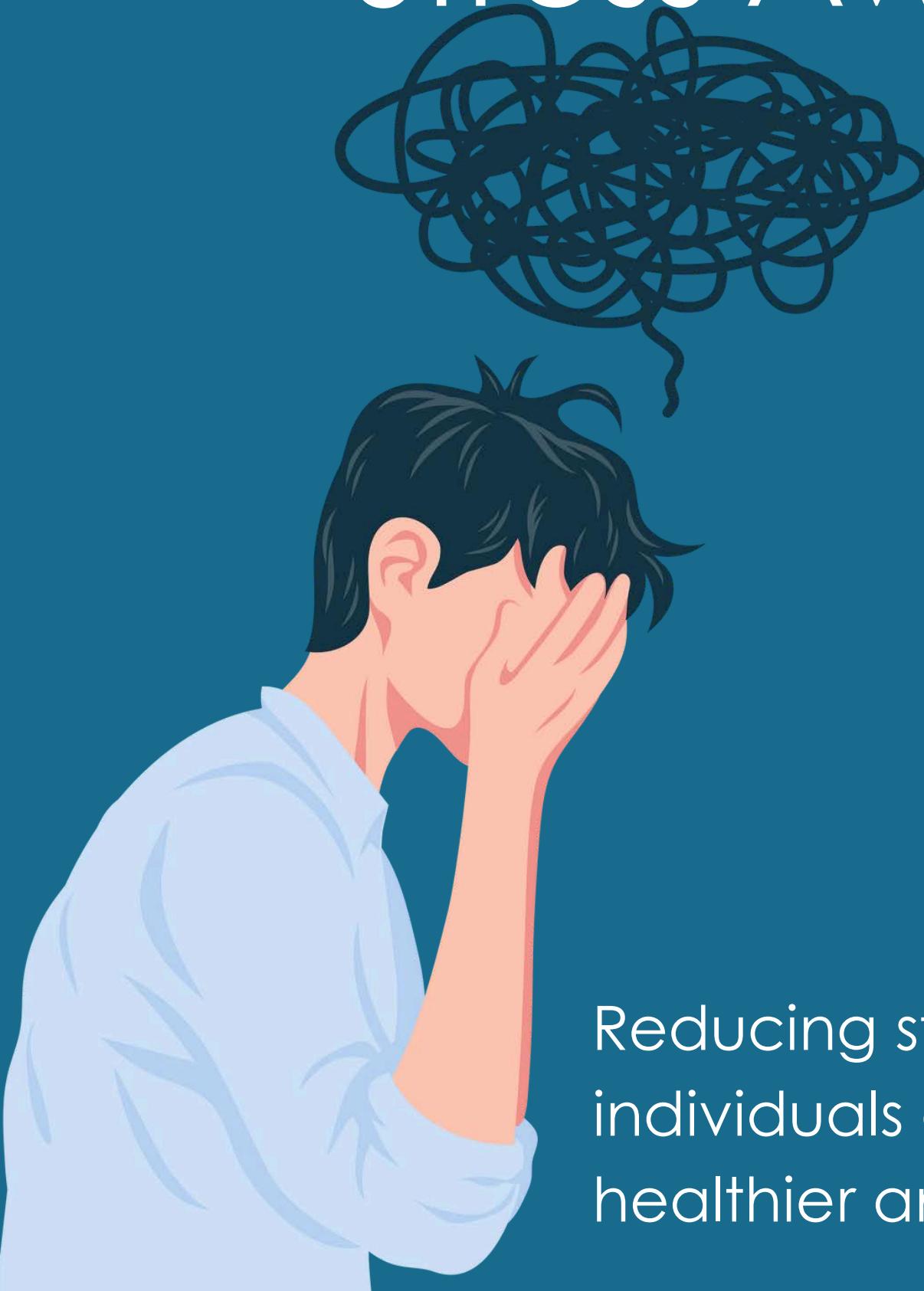
highlights the importance of early detection, research, and support for people affected by pancreatic cancer.

Why it matters:

- Pancreatic cancer has one of the lowest survival rates due to late diagnosis.
- Awareness campaigns help people recognise symptoms such as jaundice, abdominal pain, or unexplained weight loss.
- Charities like Pancreatic Cancer UK provide support and fund research.



83rd - 7th November International Stress Awareness Week

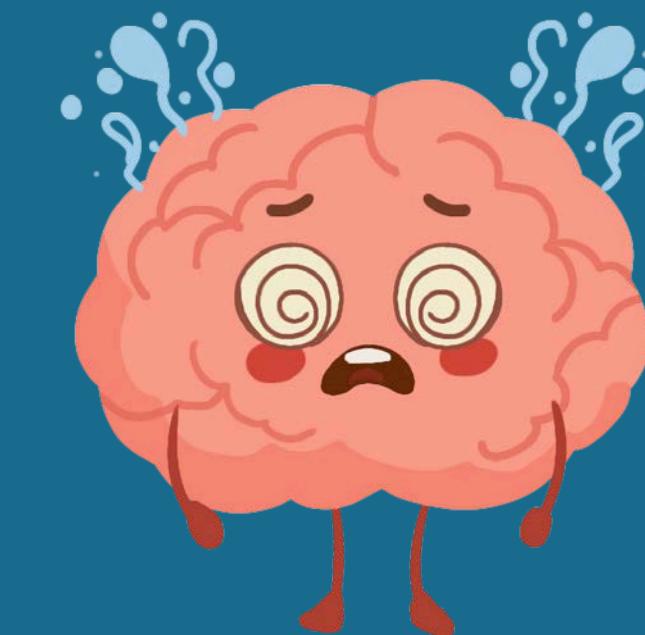


This week highlights the impact of stress on physical and mental health and promotes healthy coping strategies. National Stress Awareness Day falls on November 5.

Why it matters:

- Chronic stress can contribute to mental health issues, cardiovascular disease, and sleep disturbances.
- Awareness encourages individuals and organisations to prioritise wellbeing and resilience.
- Stress management improves focus, relationships, and overall quality of life.

Reducing stress benefits both individuals and communities, creating healthier and happier environments.



84

13th November World Kindness Day

World Kindness Day celebrates compassion, empathy, and positive actions in daily life. Kindness is linked to improved mental health, reduced stress, and stronger social bonds.

Ways to engage:

- Perform small acts of kindness, like helping a neighbour or giving a compliment.
- Share stories or campaigns promoting kindness in your community.
- Volunteer or donate to local charities supporting people in need.

Kindness is contagious — one simple action can ripple out and make a real difference.



85th November World Diabetes Day

World Diabetes Day focuses on raising awareness, prevention, and management of diabetes worldwide.

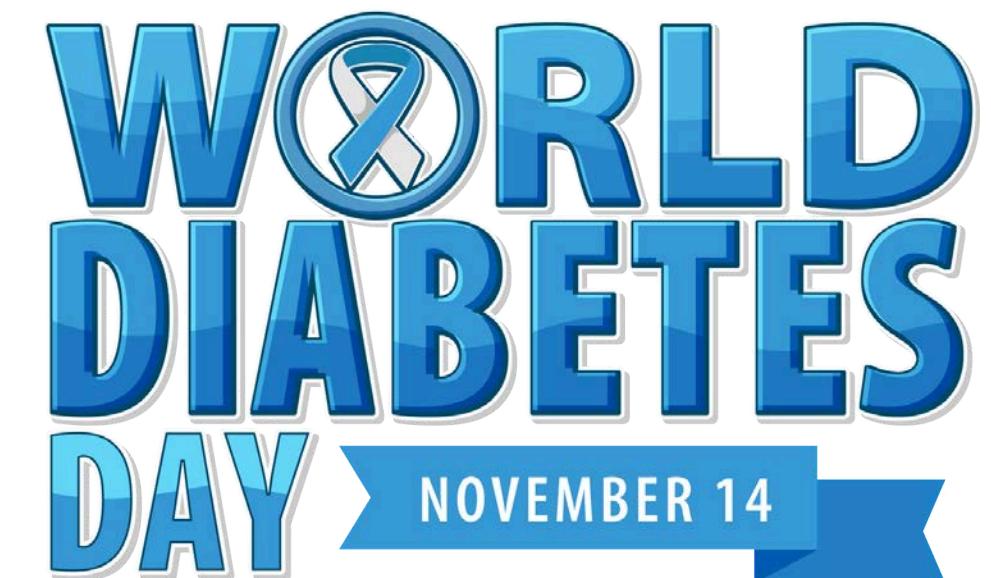
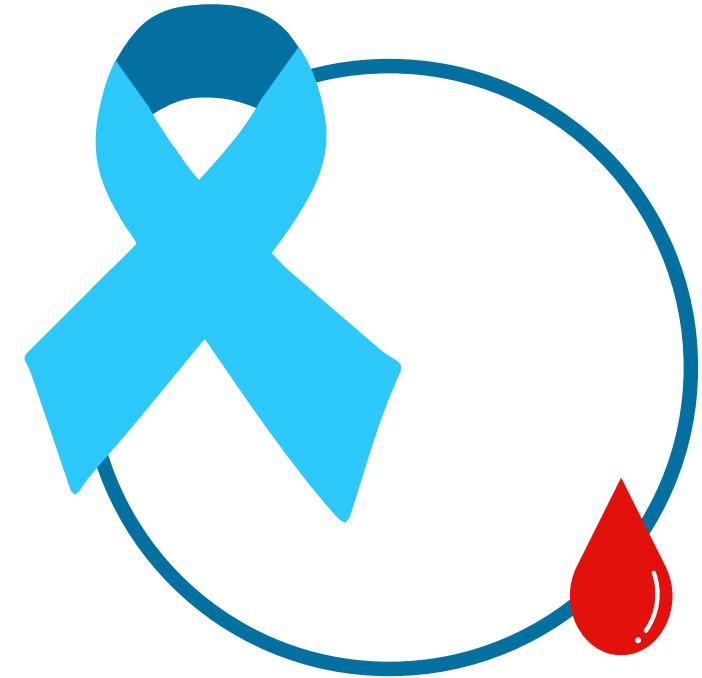
Why it matters:

- Early detection and management can prevent serious complications.
- Globally, diabetes affects hundreds of millions and is a growing public health concern.
- Organisations like Diabetes UK provide education and resources to empower patients.

Ways to engage:

- Participate in awareness campaigns or community events.
- Encourage healthy lifestyle choices for yourself and others.
- Support fundraising for diabetes research and patient support.

Educating communities about diabetes can improve lives and reduce the burden of the condition.



86th November International Day for Tolerance

This day promotes tolerance, respect, and dignity across cultures, communities, and differences.

Why it matters:

- Promotes peaceful coexistence and understanding in diverse societies.
- Reduces prejudice, discrimination, and conflict.
- Encourages education about human rights and global cooperation.



Ways to engage:

- Participate in community discussions or educational events.
- Reflect on personal biases and practice empathy in daily life.
- Share initiatives that celebrate diversity and promote inclusion.

Tolerance strengthens communities and fosters respect, understanding, and social cohesion.

87th 19th November International Men's Day

International Men's Day celebrates men's achievements, health, and wellbeing, while raising awareness of issues affecting men and boys.

Ways to engage:

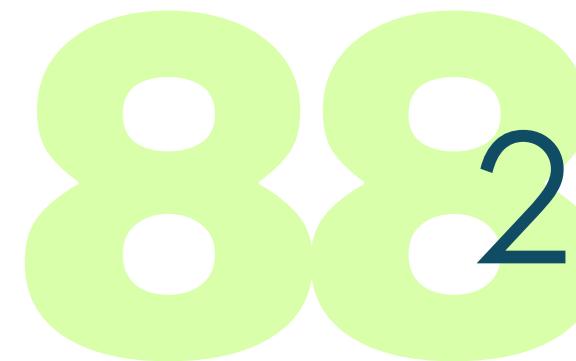
- Encourage men to talk about mental health and seek help if needed.
- Share resources on physical and mental wellbeing.
- Participate in events or campaigns promoting men's health.

Supporting men's health helps build stronger, healthier communities.



Why it matters:

- Men are more likely to experience poor mental health, suicide, and lifestyle-related health issues.
- Highlighting men's wellbeing encourages conversations, preventive health checks, and support networks.
- Charities and organisations use this day to promote equality, mental health, and positive male role models.



Carers Rights Day raises awareness of the rights and needs of unpaid carers, who provide essential support to family or friends with illness, disability, or age-related needs.

Why it matters:

- Many carers experience stress, isolation, and financial strain.
- Awareness helps carers access benefits, support, and community resources.
- Organisations like Caring For Care provide guidance and advocacy for carers.



Recognising carers' vital contribution ensures they are supported, valued, and empowered.

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20th November World Children's Day

World Children's Day celebrates children's rights and wellbeing worldwide, promoting education, safety, and protection for all children.

Why it matters:

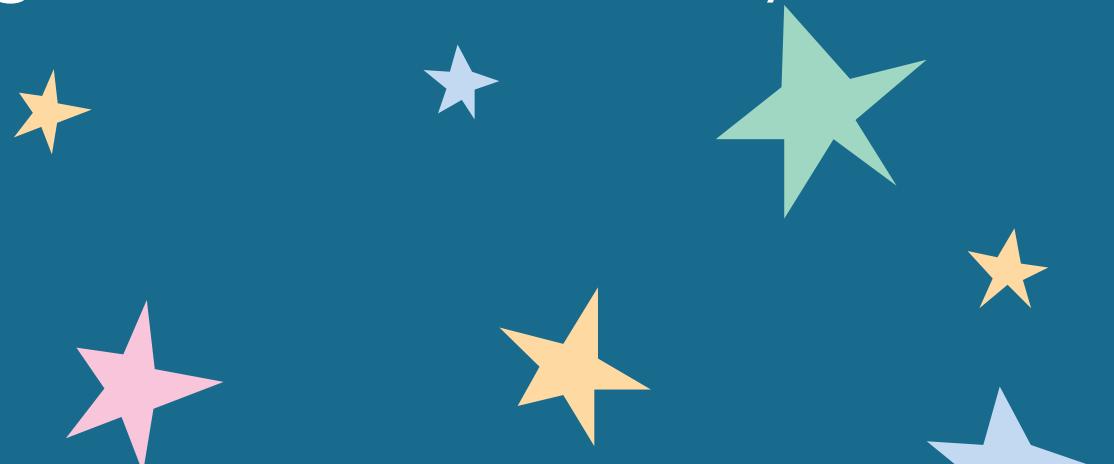
- Highlights issues like child poverty, access to education, and health care.
- Encourages governments, communities, and individuals to take action for children's rights.
- Charities and NGOs provide resources and programs to improve children's lives.



Ways to engage:

- Support local initiatives that help children access education and health services.
- Volunteer or donate to children-focused organisations.
- Celebrate and advocate for children's rights in your community.

Empowering children today builds a stronger, healthier society tomorrow.



90

25th November - 10th December
16 Days of Activism Against
Gender-Based Violence

This global campaign raises awareness of violence against women and girls and promotes action to eliminate it.

Why it matters:

- One in three women worldwide experience gender-based violence in their lifetime.
- Awareness campaigns help communities identify, prevent, and respond to abuse.
- Organisations provide support, advocacy, and resources for survivors.

Activism during these 16 days fosters safer communities and empowers survivors.



DEC

Tip of the month:

Reflect, celebrate, and plan.

As the year ends, acknowledge your achievements and challenges.

Celebrate small wins and plan gentle steps for the new year. Reflection and self-compassion help you enter the next year with clarity and motivation.



91st December World AIDS Day

World AIDS Day raises awareness of HIV and AIDS, honours those lost, and highlights progress in treatment, prevention, and care.

Why it matters:

- HIV remains a global public health issue, with stigma still preventing people from accessing support.
- Modern treatment allows many people with HIV to live long, healthy lives.
- Awareness promotes understanding, testing, and compassion for those affected.

Ways to engage:

- Share accurate information about HIV transmission and prevention.
- Support organisations providing HIV testing, care, and advocacy.
- Challenge stigma and discrimination through open, respectful conversations.

Raising awareness helps build supportive communities and protects public health.



92nd - 8th December National Grief Awareness Week

This week encourages open conversations about grief, loss, and bereavement, especially during a time of year that can be emotionally challenging.

Why it matters:

- Grief affects mental, emotional, and physical wellbeing.
- Many people feel isolated or misunderstood when grieving.
- Awareness helps normalise grief and promotes compassion.

Ways to engage:

- Acknowledge and validate different experiences of grief.
- Share bereavement support resources and services.
- Offer kindness and understanding to those navigating loss.

Creating space for grief helps people feel seen, supported, and less alone.



93
3rd

December International Day of Persons with Disabilities

This day promotes the rights, inclusion, and wellbeing of people with disabilities worldwide.

Why it matters:

- Over one billion people live with a disability globally.
- Accessibility and inclusion improve wellbeing for individuals and communities.
- Barriers, not disabilities, often limit participation.

Ways to engage:

- Promote accessible and inclusive practices at work and in communities.
- Learn about different disabilities and lived experiences.
- Celebrate the achievements and contributions of disabled people.

Inclusive societies benefit everyone.



94th December International Volunteer Day

International Volunteer Day celebrates the contribution of volunteers who support communities and essential services worldwide.

Why it matters:

- Volunteering strengthens communities and social connections.
- It supports wellbeing, purpose, and belonging for volunteers and recipients.
- Many vital services rely on volunteer support.

Ways to engage:

- Thank and recognise volunteers in your community or organisation.
- Share stories highlighting the impact of volunteering.
- Explore opportunities to volunteer locally.

Volunteering shows how collective action can create positive change.

Volunteers
needed



95th December Human Rights Day

Human Rights Day marks the adoption of the Universal Declaration of Human Rights and promotes dignity, equality, and freedom for all.

Why it matters:

- Human rights are closely linked to health, safety, and wellbeing.
- Inequality and discrimination harm both mental and physical health.
- Awareness supports fairness and justice worldwide.

Ways to engage:

- Learn about human rights and how they affect everyday life.
- Support organisations working to protect rights and equality.
- Promote respect and fairness in your community.

Protecting human rights supports healthier, more just societies.



96th December International Universal Health Coverage Day

This day promotes the rights, inclusion, and wellbeing of people with disabilities worldwide.

Why it matters:

- Over one billion people live with a disability globally.
- Accessibility and inclusion improve wellbeing for individuals and communities.
- Barriers, not disabilities, often limit participation.

Ways to engage:

- Promote accessible and inclusive practices at work and in communities.
- Learn about different disabilities and lived experiences.
- Celebrate the achievements and contributions of disabled people.

Inclusive societies benefit everyone.





Mental Health Support Provider

Mental health and wellbeing affect every part of our lives — from how we feel day to day, to how we connect with others and cope with challenges. By learning more, starting conversations, and showing compassion, we can help reduce stigma and create safer, more supportive communities.

Small actions, understanding, and kindness can make a meaningful difference — together, we can build a culture where wellbeing is valued, supported, and openly talked about.