



Mental health awareness days – a 2023 guide for schools and colleges

For ideas on themes and resources, please take a look at our other [termly calendars](#).

January	27 th January	Parent Mental Health Day
February	Whole month	LGBTQ+ History Month 2022
	6 th to 12 th February	Children’s Mental Health Week
	Tuesday 7 th February	Safer Internet Day
	24 th Feb to 2 nd March	Eating Disorder Awareness Week
March	Wednesday 8 th March	International Women’s Day
	Friday 17 th March	World Sleep Day
	Thursday 30 th March	World Bipolar Day
	Friday 31 st March	International Transgender Day of Visibility
April	All April	Stress Awareness Month
	2 nd April	World Autism Awareness Day
May	13 th to 20 th May	Mental Health Awareness Week
	Sunday 21 st May	World Day for Cultural Diversity
June	All June	Pride Month
	Thursday 1 st June	International Children’s Day
	12 th to 18 th June	Men’s Health Week
	26 th – 30 th June	World Wellbeing Week
July	Tuesday 25 th July	National Schizophrenia Awareness Day
	Saturday 30 th July	World Friendship Day
August	Nothing!	
September	Sunday 10 th September	World Suicide Prevention Day



	11 th – 17 th September	Sexual Health Week
	19 th September	Youth Mental Health Day
	18 th – 24 th September	International Week of Happiness at Work
October	All October	Black History Month
	Thursday 5 th October	World Teacher Day
	Tuesday 10 th October	World Mental Health Day
	Wednesday 11 th October	National Coming Out Day
November	Wednesday 1 st November	National Stress Awareness Day
	2 nd – 6 th November	International Stress Awareness Week
	Monday 13 th November	World Kindness Day
	13 th – 17 th November (TBC)	Anti-Bullying Week
	25 th November to 10 th December	16 days of activism against gender-based violence
December	Nothing!	