

UK NATIONAL 2022

WELLBEING CAMPAIGNS

FOR IDEAS OR SUPPORT WITH YOUR OWN
CAMPAIGN, GET IN TOUCH:
INFO@MINDSETMENTALHEALTH.CO.UK

JANUARY

No awareness days

FEBRUARY

4th Time to Talk Day

6th - 12th Eating Disorders Awareness Week

7th - 13th Children's Mental Health Week

MARCH

1st Self-injury Awareness Day

TBC University Mental Health Day

19th World Sleep Day

30th World Bipolar Day

APRIL

1st - 31st Stress Awareness Month

MAY

13th - 20th Mental Health Awareness Week

TBC UK Maternal Mental Health Matters Week

JUNE

1st - 30th Pride month

10th - 17th Men's Health Week

18th Autistic Pride Day 

20th - 26th Learning Disability Week

20th International Father's
Mental Health Day

JULY

25th National Schizophrenia Awareness Day

AUGUST

No awareness days

SEPTEMBER

10th World Suicide Prevention Day

27th - 3rd Oct UK National Inclusion Week

OCTOBER

1st - 31st Black History Month

10th World Mental Health Day

11th - 15th National Work-Life Week

11th - 17th OCD Awareness Week

11th Coming out day

18th World Menopause Awareness Week

20th International Pronouns Day

NOVEMBER

1st - 30th Movember: Men's Health Awareness

2nd National Stress Awareness Day

14th - 20th Trans Awareness Week

TBC International Survivors of Suicidal Loss Day

TBC Anti-Bullying Week

TBC Alcohol Awareness Week

DECEMBER

3rd International Day of
People with Disabilities