

UK NATIONAL 2022

WELLBEING CAMPAIGNS

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

JANUARY

No awareness days

FEBRUARY

4th Time to Talk Day

7th - 13th Children's Mental Health Week

28th - 6th Mar Eating Disorders Awareness Week

MARCH

1st Self-injury Awareness Day

3rd University Mental Health Day

18th World Sleep Day

30th World Bipolar Day

APRIL

1st - 31st Stress Awareness Month

MAY

2nd - 8th UK Maternal Mental Health Matters Week

9th - 15th Mental Health Awareness Week

JUNE

1st - 30th Pride month

13th - 19th Men's Health Week

18th Autistic Pride Day 

20th - 26th Learning Disability Week

21st International Father's
Mental Health Day

JULY

25th National Schizophrenia Awareness Day

AUGUST

No awareness days

SEPTEMBER

10th World Suicide Prevention Day

26th - 2nd Oct UK National Inclusion Week

OCTOBER

1st - 31st Black History Month

7th - 14th National Work-Life Week

10th World Mental Health Day

10th - 16th OCD Awareness Week

11th Coming out day

18th World Menopause Awareness Day

19th International Pronouns Day

NOVEMBER

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

2nd National Stress Awareness Day

11th - 16th Alcohol Awareness Week

13th - 19th Trans Awareness Week

14th - 18th Anti-Bullying Week

19th International Survivors of Suicidal Loss Day

DECEMBER

3rd International Day of
People with Disabilities

