

2023 Mental Health Calendar

JANUARY

16 Brew Monday



FEBRUARY

02 Time To Talk Day

06 National Sickingie Day

17 Random Acts of Kindness Day

27 Feb - 05 March
Eating Disorders Awareness Week

MARCH

01 Self-injury Awareness Day

03 Employee Appreciation Day

08 International Women's Day

18 World Sleep Day

APRIL

Stress Awareness Month

07 World Health Day

MAY

09-15 Mental Health Awareness Week



JUNE

05-11 National Carer's Week

JULY

24 International Self-Care Day

30 International Day of Friendship

SEPTEMBER

10 World Suicide Prevention Day

18-24 International Week of Happiness at Work

OCTOBER

02-06 Work Life Week

10 World Mental Health Day

18 World Menopause Day

30 Oct – 3 Nov
International Stress Awareness Week



NOVEMBER

19 International Men's Day

DECEMBER

02-08 Grief Awareness Week

03 International Day of People with Disabilities