

January

New year, new approach

Month long

Dry January (UK)
Drink Less Jan (Ire)

20th January

Blue Monday/Brew Monday

February

It's good to talk

6th February

Time to Talk Day

March

Celebrating women

8th March

International Women's Day

14th March

World Sleep Day

April

Reduce stress

Month long

Stress Awareness Month

25th April

National Workplace Wellbeing Day (Ire)

May

Improve your wellbeing

12th - 18th May

Mental Health Awareness Week

June

Be trauma aware

Month / 27th June

PTSD Awareness Month/Day

09th - 15th June

Men's Health Awareness Week

July

Summer spotlight

Early July - TBC

Alcohol Awareness Week (UK)

01st July - TBC

National Diversity & Inclusion Day (Ire)

24 July

International Self Care Day

August

Healthier happier you

Month long

International Happiness Happens Month

September

Suicide is preventable

10th September

World Suicide Prevention Day

October

Prioritising mental health

10th May

World Mental Health Day

November

Celebrating men

19th May

International Men's Day

December

Your year in wellbeing

03rd December

International Day of Persons with Disabilities

Type below to log any dates you want to remember:

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