

2021 Mental Health Awareness Days

Month	Date	Awareness Day
January	N/A	No Awareness Days
February	1-7 February	Children's Mental Health Week
	Thursday 4 February	Time to Talk Day
	Tuesday 9 February	Safer Internet Day
March	1-7 March	Eating Disorder Awareness Week
	Monday 8 March	International Women's Day
	Friday 12 March	World Sleep Day
	Friday 19 March	Red Nose Day/Sports Relief
	Tuesday 30 March	World Bipolar Day
April	All April	Stress Awareness Month
	Wednesday 7 April	World Health Day
May	10-16 May	Mental Health Awareness Week
	18-22 May	Walk to School Week
	Friday 21 May	World Meditation Day
	Friday 21 May	World Day for Cultural Diversity

Month	Date	Awareness Day
June	14-20 June	Men's Health Week
	21-30 June	World Wellbeing Week
July	Friday 30 July	World Friendship Day
August	N/A	No awareness days
September	Friday 10 September	World Suicide Prevention Day
	21-26 September	International Week of Happiness at Work
	Wednesday 22 September	National Fitness Day
October	All October	International Walk to School Month
	All October	Black History Month
	Sunday 10 October	World Mental Health Day
	11-15 October	National Work Life Week
November	1-5 November	International Stress Awareness Week
	Wednesday 3 November	National Stress Awareness Day
	Saturday 13 November	World Kindness Day
	15-19 November	Antibullying Week
December	N/A	No Awareness Days