

Mental health calendar

Month	Key moments
February	Time to Talk Day – First Thursday of the month Children’s mental health week
March	Eating Disorders Awareness Week Self-Injury Awareness Day – 1 March every year University Mental Health Day World Bipolar Day – 30 March every year
April	Stress Awareness Month
May	Mental Health Awareness Week – Usually the third week of May
June	Volunteers week – First week in June every year
September	World Suicide Prevention Day – 10 September every year
October	World Mental Health Day – 10 October every year
November	National Stress Awareness Day – First Wednesday of November every year