

Mental Health Awareness Days 2024

Month	Date	Awareness day
January	N/A	No Awareness Days
February	Fri 02 Feb 2024	Time to talk day
	Mon 05 – Sun 11 Feb 2024	Children’s Mental Health Awareness week
	Tue 06 Feb 2024	Safer Internet Day
	Wed 28 Feb – Tue 05 Mar 2024	Eating Disorder Awareness Week
March	Fri 01 Mar 2024	Self-Injury Awareness Day
	Sun 03 Mar 2024	University Mental Health Awareness Day
	Fri 08 Mar 2024	International Women’s Day
	Fri 15 Mar 2024	World Sleep Day
	Wed 20 Mar 2024	International Day of Happiness
	Sat 30 Mar 2024	World Bipolar Awareness Day
April	Whole month	Stress Awareness Month
	Sun 07 Mar 2024	World Health Day
May	Whole month	National walking month
	Mon 13 May – Mon 20 May 2024	Mental Health Awareness Week
	Tue 21 May 2024	World Meditation Day
	Tue 21 May 2024	World Day for Cultural Diversity
June	All Month	Men’s Health month
July	Tue 30 Jul 2024	International Friendship Day
August	N/A	No awareness Days
September	Tue 10 Sep 2024	World Suicide Prevention Day
October	All month	Black History Month
	Thu 10 Oct 2024	World Mental Health Day
	Wed 30 Oct – Sat 03 Nov 2024	Stress Awareness Week
November	Thu 01 Nov 2024	Stress Awareness Day
	Wed 13 Nov 2024	World Kindness Day
December	Thu 05 Dec 2024	International Volunteer Day
	Tue 10 Dec 2024	Human Rights Day