

# Mental health awareness days - a 2021 guide for schools

For ideas on themes and resources, please take a look at our other [termly calendars](#).

January	No awareness days	
February	1 <sup>st</sup> to 7 <sup>th</sup> February	Children's Mental Health Week
	Thursday 4 <sup>th</sup> February	Time to Talk Day
	Tuesday 9 <sup>th</sup> February	Safer Internet Day
March	1 <sup>st</sup> to 7 <sup>th</sup> March	Eating Disorder Awareness Week
	Monday 8 <sup>th</sup> March	International Women's Day
	Friday 12 <sup>th</sup> March	World Sleep Day
	Friday 19 <sup>th</sup> March	Disabled Access Day
	Friday 19 <sup>th</sup> March	Red Nose Day (alternates with Sport Relief)
	Tuesday 30 <sup>th</sup> March	World Bipolar Day
April	All April	Stress Awareness Month
	Wednesday 7 <sup>th</sup> April	World Health Day
May	Thursday 6 <sup>th</sup> May / 4 <sup>th</sup> to 9 <sup>th</sup> May	Maternal Mental Health Awareness Day & Week
	10 <sup>th</sup> to 16 <sup>th</sup> May	Mental Health Awareness Week
	18 to 22 <sup>nd</sup> May	Walk to school week
	Friday 21 <sup>st</sup> May	World Meditation Day
	Friday 21 <sup>st</sup> May	World Day for Cultural Diversity
June	14 <sup>th</sup> to 20 <sup>th</sup> June	Men's Health Week
	21 <sup>st</sup> to 30 <sup>th</sup> June	World Wellbeing Week

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July	Friday 30 <sup>th</sup> July	World Friendship Day
August	No Awareness Days	
September	Friday 10 <sup>th</sup> September	World Suicide Prevention Day
	21 <sup>st</sup> to 26 <sup>th</sup> September	International Week of Happiness at Work
	Wednesday 22 <sup>nd</sup> September	National Fitness Day
October	All October	International Walk to School Month
	All October	Black History Month
	Tuesday 5 <sup>th</sup> October	World Teacher Day
	Sunday 10 <sup>th</sup> October	World Mental Health Day
	11 <sup>th</sup> to 15 <sup>th</sup> October	National Work Life Week
November	1 <sup>st</sup> to 5 <sup>th</sup> November	International Stress Awareness Week
	Wednesday 3 <sup>rd</sup> November	National Stress Awareness Day
	Saturday 13 <sup>th</sup> November	World Kindness Day
	15 <sup>th</sup> to 19 <sup>th</sup> November	Antibullying Week
December	No awareness days	