

# Mental health and wellbeing school and college calendar

Autumn term 2025

Welcome to the autumn term edition of our mental health and wellbeing school and college calendar.

Awareness days can be valuable points in the academic year to pause, reflect and focus on important issues. They can help start meaningful conversations, bring people together and strengthen a sense of belonging across the school or college community. This calendar has been designed to help you make the most of these opportunities throughout the academic year.

The first section of this calendar focuses on the awareness days and themes we've carefully selected for the autumn term. For each one, you'll find ideas and activities, along with free resources to support the mental health and wellbeing of your students, staff and the wider community.

The second section is a separate calendar of wider awareness days for the term. These extra dates don't have accompanying activities or resources, but can be useful prompts for assemblies, classroom discussions or wider school and college events that promote equality, diversity and inclusion.

We hope you find this calendar helpful as you plan for the term ahead.

**The Mentally Healthy Schools team at Anna Freud**



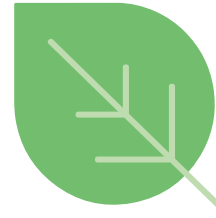
# Autumn term: highlighted events

Event	Time of year	Themes	What could you do?	Example activities
Back to school	England, Northern Ireland & Wales – September  Scotland – August	<ul style="list-style-type: none"> <li>Bringing the school community back together after a long break</li> <li>Welcoming new starters</li> <li>Preparing for the year ahead</li> <li>Assessing the mental health needs of students and staff</li> </ul>	<ul style="list-style-type: none"> <li>Hold lessons or assemblies on dealing with change and transitions</li> <li>Plan activities to help teachers and students get to know each other</li> <li>Run a back-to-school INSET with a focus on staff wellbeing</li> <li>Carry out wellbeing surveys for students and staff</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">Understanding change lesson</a></li> <li><a href="#">Talking mental health: animation and teacher toolkit</a></li> </ul> <p>Secondary &amp; post-16</p> <ul style="list-style-type: none"> <li><a href="#">We all have mental health: animation and teacher toolkit</a></li> <li><a href="#">Transition skills: developing a growth mindset</a></li> </ul> <p>Staff</p> <ul style="list-style-type: none"> <li><a href="#">Using measurement tools to understand pupils' mental health needs</a></li> </ul>
Transition to secondary school	England, Northern Ireland & Wales – September  Scotland – August	<ul style="list-style-type: none"> <li>Getting used to a new environment and new ways of working</li> <li>Anxiety about making new friends</li> <li>Stress around increased workload</li> </ul>	<ul style="list-style-type: none"> <li>Run activities to help students settle into their new school</li> <li>Share advice and strategies to support adjustment</li> <li>Pair new students with buddies or mentors</li> <li>Offer staff training on supporting students through transition</li> </ul>	<p>Secondary</p> <ul style="list-style-type: none"> <li><a href="#">Moving up! The transition to secondary school</a></li> <li><a href="#">Talk Relationships - Changing friendships</a></li> <li><a href="#">Dealing with change and transition toolkit</a></li> <li><a href="#">Teacher resources for students transitioning to secondary school</a></li> </ul>
Youth Mental Health Day	19 September 2025	<p>Theme: #ShareSupport</p> <ul style="list-style-type: none"> <li>Connecting with others and sharing support</li> <li>Learning from each other's coping strategies</li> <li>Using apps and tools to look after mental health</li> <li>Making support easier to find and use</li> </ul>	<ul style="list-style-type: none"> <li>Hold assemblies or lessons on using technology safely and protecting wellbeing</li> <li>Run activities exploring the links between technology use and mental health</li> <li>Create a 'share your support' wall where students post positive tips or messages</li> <li>Organise peer-to-peer workshops on coping strategies and online safety</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">Advice and support for coping with stress : Mentally Healthy Schools</a></li> </ul> <p>Secondary and post-16</p> <ul style="list-style-type: none"> <li><a href="#">Healthy coping strategies: video for young people : Mentally Healthy Schools</a></li> <li><a href="#">Young people's wellbeing guide for stressful situations : Mentally Healthy Schools</a></li> </ul>

Black History Month	October 2025	<p>Theme: Standing Firm in Power and Pride Discrimination</p> <ul style="list-style-type: none"> <li>Resilience and strength of the Black community</li> <li>Contributions of leaders, activists and pioneers</li> <li>Vision for empowerment, unity and growth</li> </ul>	<ul style="list-style-type: none"> <li>Lessons on positive role models in the Black community</li> <li>Staff training on the impact of discrimination on mental health</li> <li>Assemblies and lessons on empathy, tolerance and inclusion</li> <li>Projects exploring how to promote equality and celebrate diversity in school</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">Time to level up: a short film about self-belief</a></li> <li><a href="#">Identity, society and equality lesson plans</a></li> </ul> <p>Secondary and post-16</p> <ul style="list-style-type: none"> <li><a href="#">Diversity lesson plan for 11-14 year olds</a></li> <li><a href="#">Racism and mental health advice for young people</a></li> </ul> <p>Staff</p> <ul style="list-style-type: none"> <li><a href="#">Reflecting on your school's culture and environment</a></li> <li><a href="#">Gathering student voice on racism and mental health</a></li> </ul>
World Mental Health Day	10 October 2025	<p>Staff wellbeing</p> <ul style="list-style-type: none"> <li>Teacher stress management</li> <li>Raising mental health awareness</li> <li>Practising self-care strategies</li> <li>Building social and emotional skills</li> </ul>	<ul style="list-style-type: none"> <li>Audit provision and develop a whole-school approach to mental health</li> <li>Hold a celebration day for teachers e.g. assembly or special activities</li> <li>Demonstrate commitment to staff wellbeing through visible actions</li> <li>Offer dedicated staff wellbeing activities or sessions</li> </ul>	<p>Staff</p> <ul style="list-style-type: none"> <li><a href="#">Education staff wellbeing charter</a></li> <li><a href="#">Reducing mental health stigma for school staff</a></li> <li><a href="#">Anti-racism and mental health resources: supporting racially minoritised staff</a></li> <li><a href="#">5 Steps to Mental Health and Wellbeing framework</a></li> </ul>
International Stress Awareness Week	3 –7 November 2025	<p>Handling stress</p> <ul style="list-style-type: none"> <li>Self-care strategies</li> <li>Mindfulness</li> <li>Work-life balance</li> </ul>	<ul style="list-style-type: none"> <li>Hold a staff meeting on wellbeing and stress at work</li> <li>Carry out a risk assessment on staff stress levels</li> <li>Provide staff training on stress management</li> <li>Share practical self-care and mindfulness resources with staff and students</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">Understanding stress lesson plan</a></li> </ul> <p>Secondary</p> <ul style="list-style-type: none"> <li><a href="#">Exam stress lesson plan</a></li> </ul> <p>Staff</p> <ul style="list-style-type: none"> <li><a href="#">How to handle stress: teachers &amp; education staff</a></li> <li><a href="#">Managing teacher anxiety</a></li> <li><a href="#">Interactive stress container tool for staff</a></li> </ul>

World Kindness Day	13 November 2025	<ul style="list-style-type: none"> <li>Kindness</li> <li>Understanding</li> <li>Tolerance</li> <li>Empathy</li> <li>Kind and healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>Hold a celebration day to promote kindness</li> <li>Run classroom activities focused on kindness</li> <li>Explore kindness within friendships and relationships</li> <li>Create a kindness wall or challenge for the school community</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">Wellbeing activities: being kind to yourself</a></li> <li><a href="#">Wellbeing activity leaflet</a></li> </ul> <p>Secondary and post-16</p> <ul style="list-style-type: none"> <li><a href="#">How to support a friend: guidance for young people</a></li> <li><a href="#">Wellbeing activities: being kind to yourself</a></li> </ul>
Anti-Bullying Week	10 – 15 November 2025	<p>Theme: Power for Good</p> <ul style="list-style-type: none"> <li>Recognising and using personal power</li> <li>Supporting others</li> <li>Choosing kindness</li> <li>Building inclusion</li> </ul>	<ul style="list-style-type: none"> <li>Hold all-school assemblies to mark the week</li> <li>Run role-play or discussion activities on how to speak out safely against bullying</li> <li>Review your school's anti-bullying policy</li> <li>Support students to design and lead their own campaign promoting kindness and inclusion.</li> <li>Write to MPs or community leaders with anti-bullying ideas</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">Bullying: what can I do? Video and accompanying guidance</a></li> </ul> <p>Secondary and post-16</p> <ul style="list-style-type: none"> <li><a href="#">Bullying and cyberbullying lesson plan pack</a></li> <li><a href="#">Talk Relationships – hurtful behaviour</a></li> </ul> <p>Staff</p> <ul style="list-style-type: none"> <li><a href="#">Bullying and harassment at work</a></li> <li><a href="#">Safe from bullying in further education colleges</a></li> </ul>
Winter break	December	<ul style="list-style-type: none"> <li>Time away from school and support networks</li> <li>Self-care strategies for children and young people</li> <li>Managing end-of-term workload and stress for staff</li> <li>Family dynamics and relationships</li> </ul>	<ul style="list-style-type: none"> <li>Run winter wellbeing activities for staff and students</li> <li>Share self-care tools for students to use over the break</li> <li>Include a mindfulness activity or reflection time in staff meetings</li> <li>Celebrate and thank staff and students for their hard work</li> </ul>	<p>Primary</p> <ul style="list-style-type: none"> <li><a href="#">My self-care plan: primary</a></li> </ul> <p>Secondary</p> <ul style="list-style-type: none"> <li><a href="#">My self-care plan: secondary and FE</a></li> </ul> <p>Staff</p> <ul style="list-style-type: none"> <li><a href="#">Online self-help tool for school staff</a></li> </ul>

# September 2025



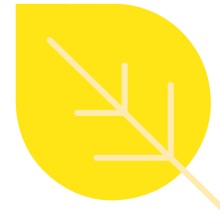
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Zero Waste Week Childhood Cancer Awareness Month	2	3	4	5 International Day of Charity	6	7
8 International Literacy Day	9	10 World Suicide Prevention Day	11	12 Stand up to Cancer Day	12	14
15 National Inclusion Week International Day of Democracy	16 Preserve the Ozone Layer Day	17	18	19 Youth Mental Health Day	20	21 International Day of Peace
22	25 International Day of Sign Language	24	25	26 European Day of Languages	27	28
29	30					

# October 2025



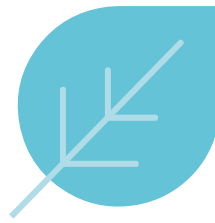
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 ADHD Awareness Month Black History Month begins	2 International Day of Non-violence	3	4	5 World Teachers Day
6	7	8 National Hate Crime Awareness Week	9	10 World Mental Health Day	11 National Coming Out Day	12 OCD Awareness Week
13 Dyspraxia Awareness Week Challenge Poverty Week	14	15	16	17 Child Poverty Day	18 Anti-Slavery Day World Food Day	19 International Pronouns Day
20	21	22 International Stammering Awareness Day	23	24 UN Day	25	26
27	28	29	30	31		

# November 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Men's Mental Health Awareness Month	2 International Day against Violence and Bullying at School Including Cyberbullying
3 International Stress Awareness Week	4	5 National Stress Awareness Day	6	7	8	9
10 Anti-Bullying Week	11 Remembrance Day	12 World Kindness Day Transgender Awareness Week	13	14	15	16
17 National Self-Care Week International Students Day	18	19 International Men's Day	20 World Children's Day Disability History Month starts	21 Carers Rights Day	22	23
24	25 International Day for the Elimination of Violence Against Women	26	27	28	29	30

# December 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 National Grief Awareness Week  International Day for the Abolition of Slavery	3 International Day of Persons with Disabilities	4	5 International Volunteer Day	6	7
8	9	10 Human Rights Day	11	12	12	14
15	16	17	18 International Migrants' Day	19	20 International Human Solidarity Day	21
22	23	24	25	26	27	28
27	28	29	30	31		



# Coming up next term:

January 2026	February 2026	March 2026	April 2026
<p><b>21 Jan</b> - National Hug Day</p> <p><b>24 Jan</b> - International Day of Education</p> <p><b>30 Jan</b> - Parent Mental Health Day</p>	<p><b>LGBTQ+ History Month</b></p> <p><b>9 Feb – 15 Feb</b> - Children's Mental Health Week</p> <p><b>28 Feb</b> - Rare Disease Day</p>	<p><b>8 Mar</b> - International Women's Day</p> <p><b>16 Mar – 22 Mar</b> - Neurodiversity Celebration Week</p> <p><b>Mar 20</b> - International Day of Happiness</p>	<p><b>Stress Awareness Month</b></p> <p><b>Apr 2</b> - World Autism Awareness Day</p> <p><b>Apr 7</b> - World Health Day</p>

