



Mental health celebration days – a 2022 guide for schools and colleges

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

January	Nothing!	
February	Whole month	LGBTQ+ History Month 2022
	7 th to 13 th Feb	Children’s Mental Health Week
	Tuesday 8 th Feb	Safer Internet Day
March	1 st to 7 th March	Eating Disorder Awareness Week
	Tuesday 8 th March	International Women’s Day
	Friday 18 th March	World Sleep Day
	Wednesday 30 th March	World Bipolar Day
	Thursday 31 st March	International Transgender Day of Visibility
April	All April	Stress Awareness Month
May	10 th to 16 th May	Mental Health Awareness Week
	Saturday 21 st May	World Day for Cultural Diversity
June	Wednesday 1 st June	International Children's Day
	15 th to 20 th June	Men’s Health Week
	20 th to 30 th June	World Wellbeing Week
July	Monday 25 th July	National Schizophrenia Awareness Day
	Saturday 30 th July	World Friendship Day
August	Nothing!	
September	Saturday 10 th September	World Suicide Prevention Day
	14 th to 19 th September	Sexual Health Week
	19 th September	Youth Mental Health Day



	20 th to 25 th September	International Week of Happiness at Work
October	All October	Black History Month
	Wednesday 5 th October	World Teacher Day
	Monday 10 th October	World Mental Health Day
	Tuesday 11 th October	National Coming Out Day
November	Wednesday 2 nd November	National Stress Awareness Day
	7 th to 11 th November	International Stress Awareness Week
	Sunday 13 th November	World Kindness Day
	14 th to 18 th November (TBC)	Anti-Bullying Week
	25 th November to 10 th December	16 days of activism against gender-based violence
December	Nothing!	