

Mental health awareness days – 2021-22

www.coramlifeeducation.org.uk/whole-school-scarf

September	Friday 10 th September	<u>World Suicide Prevention Day</u>
	21 st to 26 th September	<u>International Week of Happiness at Work</u>
	Wednesday 22 nd September	<u>National Fitness Day</u>
October	All October	<u>International Walk to School Month</u>
	All October	<u>Black History Month</u>
	Tuesday 5 th October	<u>World Teachers' Day</u>
	Sunday 10 th October	<u>World Mental Health Day</u>
	11 th to 15 th October	<u>National Work Life Week</u>
November	1 st to 5 th November	<u>International Stress Awareness Week</u>
	Wednesday 3 rd November	<u>National Stress Awareness Day</u>
	Saturday 13 th November	<u>World Kindness Day</u>
	15 th to 19 th November	<u>Anti-bullying Week</u>
December	No awareness days	
January	No awareness days	

February	4 th to 11 th February	<u>Children's Mental Health Week</u>
	Thursday 3 rd February	<u>Time to Talk Day</u>
	Friday 4 th February	Wear your SCARF to School Day
	Tuesday 8 th February	<u>Safer Internet Day</u>
	24 th February to 2 nd March	<u>Eating Disorders Awareness Week</u>
March	24 th February to 2 nd March	<u>Eating Disorders Awareness Week</u>
	Tuesday 8 th March	<u>International Women's Day</u>
	Friday 18 th March	<u>World Sleep Day</u>
	Friday 18 th March	<u>Red Nose Day (alternates with Sport Relief)</u>
	Wednesday 30 th March	<u>World Bipolar Day</u>
April	All April	<u>Stress Awareness Month</u>
	Thursday 7 th April	<u>World Health Day</u>
May	9 th to 15 ^h May	<u>Mental Health Awareness Week</u>
	16 th to 20 th May	<u>Walk to School Week</u>
	20 th May	World Meditation Day
	21 st May	<u>World Day for Cultural Diversity</u>
June	13 th to 17 th June	<u>Healthy Eating Week</u>
July	30 th July	<u>World Friendship Day</u>
August	No awareness days	