

# Awareness Days 2025

## January

20<sup>th</sup> Blue Monday

## February

LGBTQ+ History Month

6<sup>th</sup> Time to Talk Day

3<sup>rd</sup> – 9<sup>th</sup> Children's Mental Health Week

3<sup>rd</sup> – 9<sup>th</sup> Race Equality Week

17<sup>th</sup> Random Acts of Kindness Day

23<sup>rd</sup> Helpline Awareness Day

24<sup>th</sup> Feb – 2<sup>nd</sup> March Eating Disorder Awareness Week

## March

1<sup>st</sup> Zero Discrimination Day

1<sup>st</sup> Self-Injury Awareness Day

8<sup>th</sup> International Women's Day

14<sup>th</sup> World Sleep Day

17<sup>th</sup> – 23<sup>rd</sup> Nutrition and Hydration Week

17<sup>th</sup> – 23<sup>rd</sup> Neurodiversity Week

20<sup>th</sup> International Day of Happiness

21<sup>st</sup> International Day for the Elimination of Racial Discrimination

30<sup>th</sup> World Bipolar Day

31<sup>st</sup> International Transgender Day of Visibility

## April

Stress Awareness Month

2<sup>nd</sup> World Autism Acceptance Day

7<sup>th</sup> World Health Day

14<sup>th</sup> National Gardening Day

21<sup>st</sup> – 27<sup>th</sup> Lesbian Visibility Week

## May

National Walking Month

13<sup>th</sup> – 17<sup>th</sup> Equality, Diversity and Human Rights Week

12<sup>th</sup> – 18<sup>th</sup> Mental Health Awareness Week

17<sup>th</sup> International Day Against Homophobia, Transphobia and Biphobia

21<sup>st</sup> World Meditation Day

## June

Pride Month

2<sup>nd</sup> – 6<sup>th</sup> Volunteers Week

9<sup>th</sup> – 15<sup>th</sup> National Carers Week

17<sup>th</sup> – 23<sup>rd</sup> Learning Disability Week

24<sup>th</sup> – 30<sup>th</sup> World Wellbeing Week

27<sup>th</sup> National PTSD Awareness Day

## **July**

24<sup>th</sup> International Self-Care Day

25<sup>th</sup> National Schizophrenia Awareness Day

## **August**

5<sup>th</sup> – 10<sup>th</sup> National Allotments Week

30<sup>th</sup> Grief Awareness Day

## **September**

5<sup>th</sup> International Day of Charity

10<sup>th</sup> Suicide Prevention Day

19<sup>th</sup> Youth Mental Health Day

20<sup>th</sup> – 25<sup>th</sup> Happiness at Work Week

23<sup>rd</sup> – 29<sup>th</sup> National Inclusion Week

## **October**

Black History Month

7<sup>th</sup> – 13<sup>th</sup> Dyslexia Awareness Week

10<sup>th</sup> October World Mental Health Day

5<sup>th</sup> – 11<sup>th</sup> Mental Illness Awareness Week

11<sup>th</sup> National Coming Out Day

11<sup>th</sup> International Pronouns Day

## **November**

Men's Mental Health Month

3<sup>rd</sup> – 7<sup>th</sup> Trustees Week

13<sup>th</sup> – 19<sup>th</sup> Trans Awareness Week

17<sup>th</sup> – 24<sup>th</sup> Self Care Week

## **December**

1<sup>st</sup> – 5<sup>th</sup> National Grief Awareness Week

2<sup>nd</sup> Giving Tuesday

5<sup>th</sup> International Volunteer Day