

# 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](#).

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

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