

2023 CAMPAIGN CALENDAR

Mental health awareness dates

January

- 16th January - [Brew Monday](#)

February

- 1st February - [Breathing Space Day](#)
- 2nd February - [Time To Talk](#)
- 6-12th February - [Children's Mental Health Week](#)

March

- 1st March - Self-Harm and Self-Injury Day
- 2nd March - [University Mental Health Day](#)
- 17th March - [World Sleep Day](#)

April

- [Stress Awareness Month](#)

May

- 1-7th May - [Maternal Mental Health Awareness Week \(UK\)](#)
- 15-21st May - [Mental Health Awareness Week](#)

June

- 12-16th - [Loneliness Awareness Week \(UK\)](#)
- TBC - [Infant Mental Health Awareness Week](#)
- TBC - Father's Mental Health Day

July

- No general mental health awareness dates.

August

- 12th August - International Youth Day

September

- 10th September - [World Suicide Prevention Day](#)
- TBC - [Black Maternal Mental Health Week](#)

October

- 10th October - [World Mental Health Day](#)

November

- 30th October - 3rd November - [International Stress Awareness Week](#)
- 1st November - [International Stress Awareness Day](#)

December

- TBC - [National Grief Awareness Week](#)