Mental Health and Wellbeing – Awareness dates for 2020

We've prepared a list of key mental health awareness days, weeks and months to help you plan your mental health events at work and raise awareness of issues close to your heart.

Check state government health websites for information about events in your region and resources. We've included links here to mental health organisations and charities.

February	
18 February	International Asperger's Day

March	
11-17 March	Brain Awareness Week
13 March	World Sleep Day
20 March	International Day of Happiness

April	
2 April	World Autism Day
28 April	World Day for Safety and Health at Work

May	
All May	Mindful in May

May… continued	
19-26 May	Schizophrenia Awareness Week
24 May	World Schizophrenia Awareness Day

July	
24 July	Stress Down Day

August	
5-11 August	Sleep Awareness Week

September	
10 September	World Suicide Prevention Day and RU OK? Day

October	
All October	Mental Health Month
6-12 October	Mental Health Week
10 October	World Mental Health Day

November	
9-13 November	Psychology Week
13 November	World Kindness Day