
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
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August

5-11 August	Sleep Awareness Week
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September

10 September	World Suicide Prevention Day and RU OK? Day
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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