



2021 Mental Wellbeing Calendar

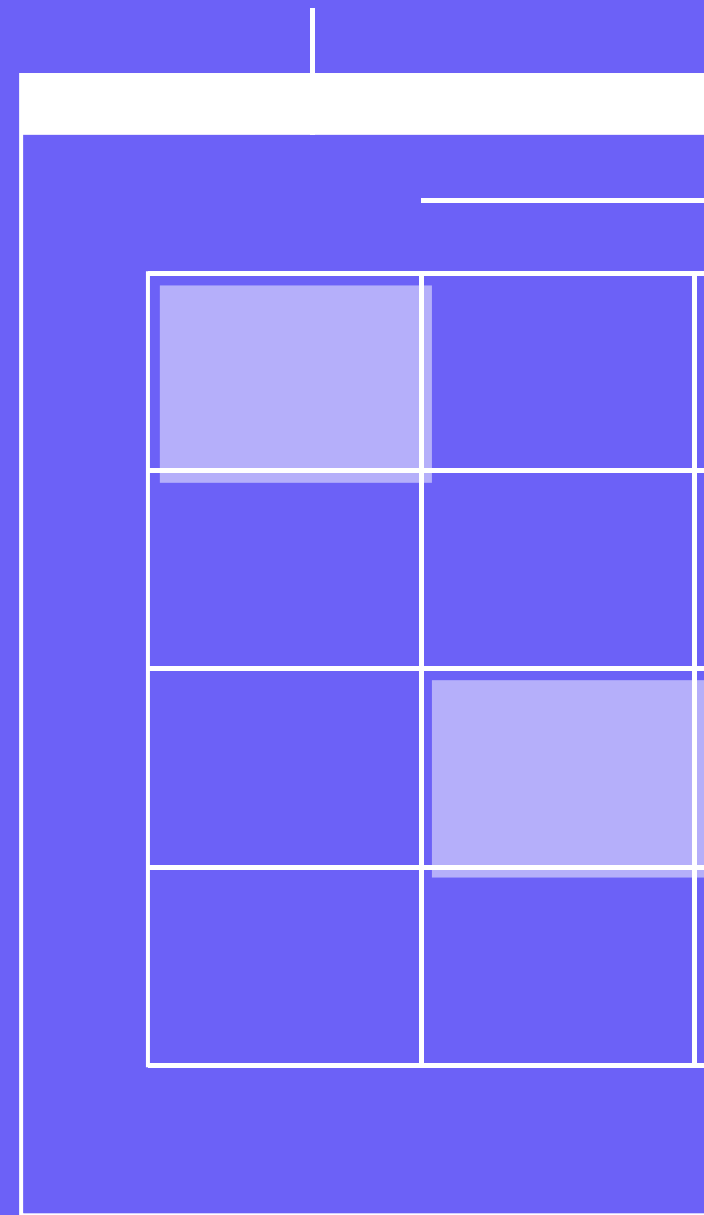
This calendar displays *key mental health dates in **2021. Its purpose is to give you visibility of dates you might like to communicate around more generally!

We've specifically called out international dates that will be applicable to your entire workforce, where ever they might be based.

Note: Every day is an opportunity to think about your mental health and the wellbeing of those around you 😊

**We have emphasised the principal awareness dates and so some known but less focal dates may not be shown on this calendar.*

***Information is correct as of December 2020 and may be subject to change.*





JAN HAPPY NEW YEAR

What works for you?

It looks like there's no key dates this month, time to be creative!

APR

KEY DATE

- 7 World Health Day

JUL

What works for you?

It looks like there's no key dates this month, time to be creative!

OCT WORLD MENTAL HEALTH DAY

KEY DATE

- 10 World Mental Health Day
- 18 World Menopause Day

FEB

KEY DATE

- 17 Random Acts of Kindness Day
- 1-7 Children's Mental Health Awareness Week

MAY

KEY DATE

- 1 Mindful in May
- 6 World Maternal Mental Health Day
- 21 World Meditation Day

AUG

What works for you?

It looks like there's no key dates this month, time to be creative!

NOV MOVEMBER

KEY DATE

- 21 Movember - Men's Health Month
- 1-6 International Stress Awareness Week

MAR

KEY DATE

- 19 World Sleep Day
- 16-21 Nutrition and Hydration Week
- 20 International Day of Happiness
- 30 World Bipolar Day

JUN

KEY DATE

- 21-27 World Wellbeing Week

SEPT

KEY DATE

- 10 World Suicide Prevention Day
- 20-26 International Week of Happiness at Work

DEC SEASONS GREETINGS

What works for you?

It looks like there's no key dates this month, time to be creative!