

Wellbeing

Campaigns Calendar 2021

To access information about any of the campaigns, please click on the title

January	February	March	April	May	June
<p>Mon 18th <u>Samaritans – Brew Monday 2021</u></p>	<p>Mon 1st <u>Breathing Space Day</u></p> <p>1st-7th <u>Children's Mental Health Week</u></p> <p>Thurs 4th <u>Time to Talk Day</u></p> <p>Sunday 21st <u>Poverty Action Sunday</u></p>	<p>Mon 1st <u>Self-harm Awareness Day</u></p> <p>1-7th <u>Eating Disorders Awareness Week</u></p> <p>Mon 8th <u>International Women's Day</u></p> <p>Sat 20th <u>International Day of Happiness</u></p> <p>Tues 30th <u>World Bipolar Day</u></p>	<p>29 Mar-4 Apr <u>World Autism Awareness Week</u></p>	<p>3-23rd <u>Scottish Mental Health Arts Festival</u></p> <p>4-9th <u>Deaf Awareness Week</u></p> <p>10-16th <u>Mental Health Awareness Week</u></p>	<p>1-6th <u>Volunteers' Week</u></p> <p>8-13th <u>Carers Week</u></p>
July	August	September	October	November	December
<p>Talk to Us - Samaritans Awareness Month</p>	<p>Thurs 12th <u>International Youth Day</u></p>	<p>Fri 10th <u>World Suicide Prevention Day</u></p> <p>Tues 21st <u>International Day of Peace</u></p>	<p>Sun 10th <u>World Mental Health Day</u></p>	<p>1-5th <u>International Stress Awareness Week</u></p> <p>Sat 21st <u>International Survivors of Suicide Loss day</u></p>	<p>Sun 5th <u>International Volunteers Day</u></p> <p>Fri 10th <u>Human Rights Day</u></p>