



2026 Awareness days content calendar





The Awareness Days Calendar from is designed to highlight key dates that promote understanding, awareness, and action around mental health and wellbeing matters.

It focuses on both UK and internationally recognised awareness days, weeks, and months, ensuring that you can align internal wellbeing communications with relevant, timely events throughout the year.

From World Mental Health Awareness Month to Stress Awareness Week, Time to Talk Day, and International Men's Health Week, each date presents an opportunity to start important conversations and reinforce a culture of support within the workplace or educational institution.

By following the Awareness Days Calendar, you can plan and incorporate meaningful wellbeing messages into your internal communications strategy.

The calendar acts as a practical guide to help HR, leadership, and communications teams promote awareness, reduce stigma, and encourage engagement around key wellbeing topics that matter to your people.



Download Wisdom to manage your wellbeing today through our EAP



January

Social Posts

Month: Dry January	19th-25th: Cervical Cancer Prevention Week
Month: Veganuary	21st: Race Against Dementia Day
1st: New Year's Day	24th: International Day of Education
4th: World Braille Day	30th: Parent Mental Health Day
19th: Blue Monday	

February

Social Posts

Month: Heart Month	4th: World Cancer Day
Month: LGBT+ History Month	6th: Time to Talk Day
2nd: National Sickie Day	9th-15th: Children's Mental Health Awareness Week
2nd-8th: Race Equality Week	23rd-1st: Eating Disorder Awareness Week
3rd-9th: Sexual Abuse & Sexual Violence Awareness Week	

March

Social Posts

Month: Ovarian Cancer Awareness Month	12th: University Mental Health Awareness Day
Month: Endometriosis Awareness Month	13th: World Sleep Day
1st: Zero Discrimination Day	17th-23rd: Neurodiversity Celebration Week
1st: Self-Injury Awareness Day	30th: World Bipolar Awareness Day
8th-14th: No More Week	31st: International Transgender Day of Visibility
8th: International Women's Day	

April

Social Posts

Month:	Stress Awareness Month	7th:	World Health Day
Month:	IBS Awareness Month	20th-25th:	Lesbian Visibility Day
2nd:	International Children's Book Day	22nd:	Earth Day
2nd:	World Autism Awareness Day	28th:	World Day of Safety and Health at Work

May

Social Posts

Month:	National Walking Month	11th-17th:	Mental Health Awareness Week
Month:	Make May Purple / Action On Stroke Month	12th:	International Nurses Day
Month:	Tourette's Awareness Month	17th:	International Day Against Homophobia, Transphobia and Biphobia
Month:	National Teen Self-Esteem Month	18-24th:	Learning at Work Week
4th-10th:	Deaf Awareness Week	21st:	Global Accessibility Awareness Day
4th-10th:	Maternal Mental Awareness Week		

June

Social Posts

Month:	Pride Month	9th-15th:	Men's Health Week
Month:	International Men's Health Month	9th-15th:	National Carers Week
Month:	National Age Without Apology Month	9th-15th:	Loneliness Awareness Week
5th:	World Environmental Day	15th-21st:	Learning Disability Week
6th:	National School Business Leaders Day	18th:	Autistic Pride Day
7th:	National Cancer Survivors Day	22nd-28th:	Deafblind Awareness Week

July

Social Posts

Month:	Talk to us Month	25th:	National Schizophrenia Awareness Day
6th-12th:	Alcohol Awareness Week	30th:	International Day of Friendship
24th:	Samaritans Awareness Day		

August

Social Posts

Month:	National Wellness Month	6th:	Cycle to Work Day
1st-7th	World Breastfeeding Week		

September

Social Posts

10th:	World Suicide Prevention Day	21st-25th:	Happiness at Work Week
11th:	Stand Up To Cancer Day	23rd:	International Day of Sign Language
20th:	Youth Mental Health Day	29th:	World Heart Day

October

Social Posts

Month: Stoptober	10th: World Mental Health Day
Month: Black History Month	11th: National Coming Out Day
Month: Speak Up Month	12th-16th: National Work Life Week
Month: ADHD Awareness Month	12th-18th: OCD Awareness Week
Month: National Bullying Prevention Month	18th: World Menopause Day
7th: World Financial Planning Day	29th: World Stroke Day

November

Social Posts

Month: Movember	10th-14th: Anti-Bullying Week
Month: Men's Mental Health Month	13th-19th: Transgender Awareness Week
Month: Disability History Month	13th: World Kindness Day Inc Social Media Kindness
3rd-7th: International Stress Awareness Week	19th: International Men's Day
4th: National Stress Awareness Day	20th: Transgender Day of Remembrance
9th: World Adoption Day	25th-10th: (16 Days of) Action Against Domestic Violence

December

Social Posts

1st: World AIDS Day	5th: International Volunteer Day
1st-5th: National Grief Awareness Week	10th: Human Rights Day
3rd: International Day of People with Disabilities	10th: Christmas Jumper Day
4th-12th: First day of Hannukah	20th: International Human Solidarity Day