

4th February

Time to Talk Day

1 - 7th March

Eating Disorder Awareness month

1 - 30th April

Stress Awareness month

6 - 13th May

Sun Awareness week

14 - 20th JuneMens Health
week**10th September**Suicide Prevention
day**10th October**World Mental Health
day**16 - 20th November**

Anti Bullying week

1 - 7th February

Children's Mental Health week

11 - 18th March

Nutrition & Hydration week

1 - 31st May

National Walking month

10 - 16th May

Mental Health week

7 - 13th September

Know your numbers week

1 - 28th October

Stoptober

15 - 19th November

Alcohol Awareness week

