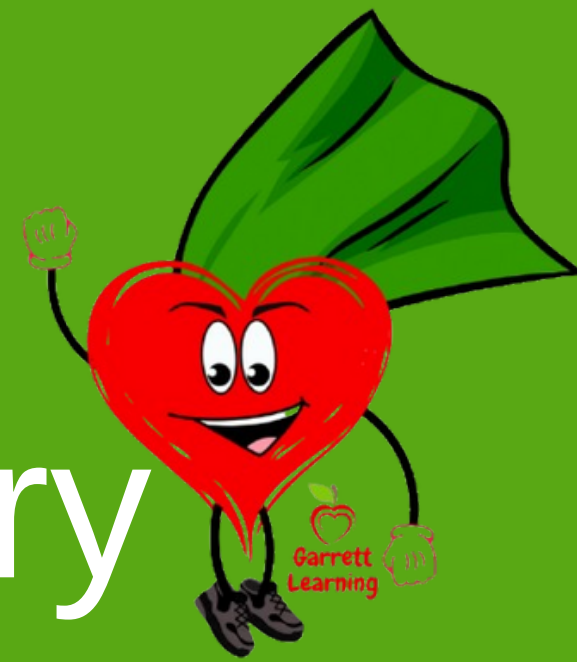




# 2025 Mental health and wellbeing dates for your diary



**January**  
24th  
International day  
of Education

**February**  
6th  
Time  
to talk day

**March**  
20th  
International day  
of Happiness

**April**  
7th  
World Health  
Day

**May**  
12th  
Mental Health  
Awareness Week

**June**  
2nd  
Volunteers  
Week

**July**  
30th  
International  
Friendship Day

**August**  
9th  
International  
Book Lovers Day

**September**  
10th  
World Suicide  
Prevention Day

**October**  
10th  
World Mental  
Health Day

**November**  
13th  
World  
Kindness Day

**December**  
2nd  
Giving  
Tuesday

Want more of this? Join the other Workplace Wellbeing Champions each month - Find out more by [clicking here](#)