

Calendar of events 2021/22

July

1-31: [Samaritans Talk to Us Campaign](#)

August

6: [Cycle to work day](#)
30: Grief Awareness Day

September

8: National Quiet Day
10: [World Suicide Prevention Day](#)
26: National Fitness Day

October

1-31: [Black History Month](#)
10: [World Mental Health Day](#)
11: National Coming Out Day

November

1-30: [Men's Health Awareness Month](#)
3: [National Stress Awareness Day](#)
13: [World Kindness Day](#)
20: [International Survivor's of Suicide Loss Day](#)
20: [Trans Day of Remembrance](#)

December

3: [International Day of Persons with Disabilities](#)

January

1-31: [Dry January](#)
3: International Mind-Body Wellness Day

February

1-7: [Children's Mental Health Week](#)
1-28: [LGBT History Month](#)
14-20: [Student Volunteering Week](#)
17: [Random acts of Kindness day](#)

March

1: [Self-harm awareness day](#)
10: No smoking day
30: [World Bipolar Day](#)
TBC: University Mental Health Day

April

1-30: [Stress awareness month](#)
7: [World health day](#)

May

13-20: [Mental Health Awareness week](#)

June

13-19: [Men's Health week](#)

The upcoming days/events above are hyperlinked where possible and will give you more information should you wish to schedule your engagement around them.

Use [#StudentMentalHealthAgreement](#) on any relevant social media posts if you do get involved!