

# 2025/26

AWARENESS DAYS

## June

**08** | World Oceans Day  
**14** | World Blood Donor Day  
**16-20** | Learning Disability Week  
**27** | SME Day  
  
**Men's Health Month**  
**Pride Month**

## July

**24** | Samaritans Awareness Day  
  
  
  
  
**Plastic Free Month**

## August

**01** | Cycle to Work Day  
  
  
  
  
**National Wellness Month**

## September

**10** | Suicide Prevention Day  
**18** | International Equal Pay Day  
  
**World Alzheimer's Month**  
**Suicide Prevention Month**  
**Sleeptember**

## October

**10** | World Mental Health Day  
  
  
  
  
**Black History Month**

## November

**03-09** | Talk Money Week  
**11** | Remembrance Day  
**14** | World Diabetes Day  
  
  
**November**

## December

**05** | International Volunteering Day  
**09** | Christmas Jumper Day  
  
  
**Seasonal Affective Disorder Awareness Month**

2026

## January

**12** | National Tidy Your Desk Day  
**19** | Samaritans Brew Monday  
  
  
**Dry January**  
**Veganuary**

## February

**04** | World Cancer Day  
**05** | Time to Talk Day  
**14** | Valentines Day  
  
  
**Ramadan**  
**LGBT+ History Month**

## March

**06** | Employee Appreciation Day  
**08** | International Women's Day  
**15** | Mother's Day  
**17** | St Patrick's Day  
  
**Women's History Month**

## April

**03-06** | Easter Weekend  
**07** | World Health Day  
**11** | World Parkinson's Day  
**22** | Earth Day  
  
**Stress Awareness Month**