



# Awareness Days Calendar 2023

## January

- Month** Dry January
- Month** Veganuary
- 10<sup>th</sup>-16<sup>th</sup>** Houseplant Week
- 17<sup>th</sup>** Blue Monday
- 17<sup>th</sup>-23<sup>rd</sup>** Cervical Cancer Prevention Week



## February

- Month** LGBT History Month
- 3<sup>rd</sup>** Time to Talk Day
- 10<sup>th</sup>-16<sup>th</sup>** World Cancer Day
- 17<sup>th</sup>** Sexual Abuse & Sexual Violence Week
- 17<sup>th</sup>-23<sup>rd</sup>** Children's Mental Health Week
- 28<sup>th</sup>-6<sup>th</sup>** Eating Disorder Awareness Week



## March

- to 6<sup>th</sup>** Eating Disorder Awareness Week
- 3<sup>rd</sup>** World Book Day
- 8<sup>th</sup>** International Women's Day
- 10<sup>th</sup>** No Smoking Day
- 14<sup>th</sup>-20<sup>th</sup>** Neurodiversity Celebration Week
- 18<sup>th</sup>** World Sleep Day
- 21<sup>st</sup>** International Day for the Elimination of Racial Discrimination
- 27<sup>th</sup>** Mother's Day
- 31<sup>st</sup>** International Transgender Day of Visibility

## April

- Month** Stress Awareness Month
- 2<sup>nd</sup>** World Autism Awareness Day
- 28<sup>th</sup>** World Day for Safety & Health at Work



## May

- Month** National Walking Month
- 4<sup>th</sup>-9<sup>th</sup>** Deaf Awareness Week
- 10<sup>th</sup>-16<sup>th</sup>** Mental Health Awareness Week
- 21<sup>st</sup>** Blue Monday
- 17<sup>th</sup>** Cervical Cancer Prevention Week



## June

- Month** Pride Month
- 19<sup>th</sup>** Father's Day
- 6<sup>th</sup>-12<sup>th</sup>** Carers Week
- 13<sup>th</sup>-17<sup>st</sup>** Loneliness Awareness Week
- 10<sup>th</sup>-17<sup>th</sup>** Diabetes Week
- 10<sup>th</sup>-17<sup>th</sup>** Men's Health Week
- 20<sup>th</sup>-26<sup>th</sup>** Cervical Screening Awareness



## July

- 4<sup>th</sup>** Thank You Day
- 14<sup>th</sup>** International Non-Binary People's Day
- 6<sup>th</sup>-12<sup>th</sup>** National Schizophrenia Awareness Day
- 13<sup>th</sup>-17<sup>st</sup>** International Day of Friendship

## August

- 4<sup>th</sup>** Cycle to Work Day



## September

- 7<sup>th</sup>** Youth Mental Health Day
- 10<sup>th</sup>** Suicide Prevention Day



## October

- Month** Black History Month
- Month** Breast Cancer Awareness
- Month** ADHD Awareness
- Month** Cholesterol Awareness
- Month** Stoptober
- 10<sup>th</sup>** World Mental Health Day
- 18<sup>th</sup>** World Menopause Day
- 30<sup>th</sup>** Daylight Saving Ends



## November

- Month** Movember
- 2<sup>nd</sup>** International Stress Awareness Day
- 14<sup>th</sup>** World Diabetes Day
- 18<sup>th</sup>-25<sup>th</sup>** Alcohol Awareness Week
- 19<sup>th</sup>** International Men's Day



## December

- 1<sup>st</sup>** World Aids Day
- 3<sup>rd</sup>** International Day of People with Disabilities
- 10<sup>th</sup>** Human Right Day

