

# Wellbeing Campaigns Calendar 2019

To access information about any of the campaigns, please click on the title

January	February	March	April	May	June
<p><b>31</b> <a href="#">Young Carers Awareness Day</a></p>	<p><b>1</b> <a href="#">Breathing Space Day</a></p> <p><b>4-10</b> <a href="#">Children's Mental Health Week</a></p> <p><b>3</b> <a href="#">Poverty Action Sunday</a></p> <p><b>25 Feb-3 Mar</b> <a href="#">Eating Disorders Awareness Week</a></p>	<p><b>25 Feb-3 Mar</b> <a href="#">Eating Disorders Awareness Week</a></p> <p><b>1</b> <a href="#">Self-harm Awareness Day</a></p> <p><b>8</b> <a href="#">International Women's Day</a></p> <p><b>20</b> <a href="#">International Day of Happiness</a></p>	<p><b>1-7 Apr</b> <a href="#">World Autism Awareness Week</a></p>	<p><b>3-26</b> <a href="#">Scottish Mental Health Arts Festival</a> <i>Theme for Festival is "Connected"</i></p> <p><b>13-19</b> <a href="#">Mental Health Awareness Week</a></p> <p><b>6-12</b> <a href="#">Deaf Awareness Week</a></p>	<p><b>1-7</b> <a href="#">Volunteers' Week</a></p> <p><b>10-16</b> <a href="#">Carers Week</a></p>
July	August	September	October	November	December
<p><b>24</b> <a href="#">24/7 Samaritans Awareness Day</a></p>	<p><b>12</b> <a href="#">International Youth Day</a></p>	<p><b>10</b> <a href="#">World Suicide Prevention Day</a></p>	<p><b>10</b> <a href="#">World Mental Health Day</a></p>	<p><b>4-8</b> <a href="#">International Stress Awareness Week</a></p> <p><b>6</b> <a href="#">National Stress Awareness Day</a></p>	<p><b>5</b> <a href="#">International Volunteers Day</a></p> <p><b>10</b> <a href="#">Human Rights Day</a></p>