

# Wellbeing Campaigns Calendar 2020

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

January	February	March	April	May	June
<p><b>Mon 20th</b> <u>Samaritans – Brew Monday 2020</u></p> <p><b>Thurs 30th</b> <u>Young Carers Awareness Day</u></p>	<p><b>Sat 1st</b> <u>Breathing Space Day</u></p> <p><b>3-9th</b> <u>Children's Mental Health Week</u></p> <p><b>Sunday 23rd</b> <u>Poverty Action Sunday</u></p>	<p><b>Sun 1st</b> <u>Self-harm Awareness Day</u></p> <p><b>2-8th</b> <u>Eating Disorders Awareness Week</u></p> <p><b>Sun 8th</b> <u>International Women's Day</u></p> <p><b>Fri 20th</b> <u>International Day of Happiness</u></p>	<p><b>30 Mar-5 Apr</b> <u>World Autism Awareness Week</u></p>	<p><b>4-24th</b> <u>Scottish Mental Health Arts Festival</u></p> <p><b>4-10th</b> <u>Deaf Awareness Week</u></p> <p><b>18-24th</b> <u>Mental Health Awareness Week</u></p>	<p><b>1-7th</b> <u>Volunteers' Week</u></p> <p><b>8-14th</b> <u>Carers Week</u></p>
July	August	September	October	November	December
<p><b>Talk to Us - Samaritans Awareness Month</b></p>	<p><b>Weds 12th</b> <u>International Youth Day</u></p>	<p><b>Thurs 10th</b> <u>World Suicide Prevention Day</u></p> <p><b>Mon 21st</b> <u>International Day of Peace</u></p>	<p><b>Sat 10th</b> <u>World Mental Health Day</u></p>	<p><b>2-6th</b> <u>International Stress Awareness Week</u></p> <p><b>Weds 4th</b> <u>National Stress Awareness Day</u></p>	<p><b>Sat 5th</b> <u>International Volunteers Day</u></p> <p><b>Thurs 10th</b> <u>Human Rights Day</u></p>