

Well Being Mental Health Calendar

Month

Mental Health Related Event/Day

September 2024

World Suicide Prevention Day: 10th September 2024

Hosted by International Association for Suicide Prevention and the World Health Organisation, the purpose of the day is to raise awareness of how to prevent suicide.

National Teaching Assistants' Day: 16th September - thank you cards and TA shout outs.

19th September—Youth Mental Health Day

Brew Monday—Monday 16th September

October 2024

World Teacher Day: 5th October 2024

Tea, coffee and cakes in the staffroom and Thank a Teacher emails and cards and staff shout outs.

World Mental Health Day: 10 October 2024, celebrated w/c 14th October

World Mental Health Day is a great opportunity to raise awareness of mental health problems and start conversations. Each year a theme is set by the World Federation for Mental Health.

Whole school focus on how to stay mentally healthy through assemblies/top tips and whole school events for staff and pupils.

Brew Monday—14th October

November 2024

National Stress Awareness Day: 6th November 2024

Usually at the start of the month, and promoted by the International Stress Management Association (ISMAUK), this day aims to raise awareness of the stress in the workplace and strategies to address it.

World Kindness Day 13th November 2024

Random acts of kindness for staff and pupils.

Anti-Bullying week: 11-17th November TOW

Hosted by the Anti-Bullying Alliance, this is a great opportunity to reinforce anti-bullying messages in your school. Celebrated through assemblies, displays, odd socks day, learning for life lessons and form time activities.

Celebrating our Support Staff: - Etone Support Staff Day

Men's mental health awareness month

Brew Monday—11th November



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December 2024	Brew Monday—9th December Wellbeing top tips advent calendar.
January 2025	Brew Monday: Usually third Monday in January, organised by the Samaritans, to encourage people to stop and have a cup of tea and a chat about mental health. Tea and coffee and cakes in the staff room at break and after school. Hot chocolate and biscuits after school with Mrs Price for pupils—drop in for a chat Brew Monday 13th January (20th Jan 2026)
February 2025	Time to Talk Day: 6th February 2025 Usually the first Thursday in February each year. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives. Staff and pupils encouraged to talk about mental health— pupil drop in after school with Mrs Price. Children's Mental Health Week: 3rd—9th February Random acts of kindness week - 14th -20th February Promote their mental health and wellbeing through lessons and the 5 top tips for mental health. Brew Monday—3rd February
March 2025	Etone Well Being Week: The Etone community will focus on their mental health and well being this week by taking top tips from NHS and structuring our activities to promote a different top tip each day. World Health week—including Eating disorders awareness week. 28th Feb-5th March Brew Monday—10th March



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April 2025	<p>Stress Awareness Month:</p> <p>Stress Awareness Month has been held every April since 1992—we will increase awareness of the causes, signs and coping strategies for stress. Pupil and staff leaflets and information.</p> <p>World Health Day: 7th April 2025—assemblies and form time activities.</p> <p>Brew Monday 7th April</p>
May 2025	<p>Mental Health Awareness Week: 13-19th May 2025</p> <p>Run by the Mental Health Foundation, Mental Health Awareness Week is a national week to raise awareness of mental health problems and promote the message of good mental health for all—assemblies, lessons and form time activities for pupils. Information and links for staff.</p> <p>Parental Guidance Session— Supporting Wellbeing at Home</p> <p>Brew Monday 12th May</p>
June 2025	<p>Volunteers' Week:</p> <p>An annual event run in the first week of June by the National Council of Voluntary Organisations to celebrate the contribution of over 20 million people who volunteer in the UK</p> <p>Promote the importance of volunteering and have activities throughout the week for pupils to volunteer for. Celebration of voluntary organisations. Thank a Carer initiative.</p> <p>Brew Monday—9th June</p> <p>Thank a Teacher Day—thank you cards and shout outs for all staff</p> <p>Thank a carer initiative.</p>
July 2025	<p>Brew Monday—7th July</p> <p>24th July (24/7) Talk to us—Samaritans—All of July.</p>

**Mental Health
Staff Well Being**