

Well Being Mental Health Calendar

Month

Mental Health Related Event/Day

September 2025

World Suicide Prevention Day: 10th September 2025

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: 26th September 2025 - thank you cards and TA shout outs.

Youth Mental Health Day: Friday 26th September—paired with world suicide prevention day through a pop up stand in the café.

Brew Monday—Monday 22nd September.

Staff Time to Talk.

Wellbeing Ambassadors elected and form time 'Drop ins'.

October 2025

World Teacher Day: 5th October 2025—Tea, coffee and cakes in the staffroom and Thank a Teacher emails and cards and staff shout outs.

World Mental Health Day: 10th October 2025, celebrated w/c 13th 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. Accessorise with yellow, to show support.

Brew Monday—13th October

November 2025

National Stress Awareness Day: 5th November 2025—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 2025—Random acts of kindness for staff and pupils.

Anti-Bullying week: 10-14th 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— Including a pop up stand with support booklets.

Brew Monday—10th November



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December 2025

Brew Monday—8th December
Wellbeing top tips advent calendar.
Staying mentally healthy over the holidays—Assembly
Staff Christmas Teach Meet.

January 2026

Samaritans Brew Monday:

Usually third Monday in January (Monday 19th 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 12th Jan 2026

National Fun at Work Day—Thursday 29th January

February 2026

Time to Talk Day: 5th February 2026

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: 9th—15th February—Promote mental health and wellbeing through lessons and the 5 top tips for mental health.
 Subject starter tasks throughout the week , assemblies and form time activities linked to promoting and understanding our mental health.

Random Acts of Kindness Week - 15th 21st February

March 2026

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. 23rd Feb-27th February and Young carers action day (Wednesday 12th March 2026).

Brew Monday—9th March 2026



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Staff Well Being**





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April 2026	Stress Awareness Month: 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. World Health Day: 7th April 2026—assemblies and form time activities. Brew Monday - 13th April
May 2026	Mental Health Awareness Week: 11th to 17th May 2025 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. Parental Guidance Session— Supporting Wellbeing at Home Brew Monday— 11th May
June 2026	Thank a Community Carer Week: 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. Celebrated at Etone throughout June with gifts taken to Community Carers such as the Fire Brigade by the Wellbeing Ambassadors. Brew Monday—8th June June Thank a Teacher Day 17th June 2026—thank you cards and shout outs for all
July 2025	Brew Monday—6th July Talk to us—Samaritans—24th July (24/7) Break time drop ins spread throughout July. Staying mentally healthy and safe throughout the summer—Assembly and form time activity with top tips and signposted support.

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