

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1 New Year's Day	2	3	4 World Braille Day	5 Twelfth Night
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
Children's Mental Health Week						
		Time to Talk Day				
10	11	12	13	14	15	16
International Epilepsy Day				Valentine's Day		
17	18	19	20	21	22	23
24	25	26	27	28	1	2
Eating Disorders Awareness Week						
					Self-Injury Awareness Day	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
24	25	26	27	28	1	2
Eating Disorders Awareness Week						
					Self-Injury Awareness Day	
3	4	5	6	7	8	9
World Hearing Day	Carnival / Shrove Tuesday /					
10	11	12	13	14	15	16
			University Mental Health Day			
17	18	19	20	21	22	23
	Neurodiversity Celebration Week					
				World Down Syndrome Day		
24	25	26	27	28	29	30
Neurodiversity Celebration						Daylight Saving Time starts Mother's Day World Bipolar Day
31	1	2	3	4	5	6
	World Autism Acceptance Month					
		World Autism Day				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
World Autism Acceptance Month						
		World Autism Day				
7	8	9	10	11	12	13
World Autism Acceptance Month						
				World Parkinson's Day		
14	15	16	17	18	19	20
World Autism Acceptance Month						
				Good Friday		Easter Sunday
21	22	23	24	25	26	27
World Autism Acceptance Month						
Easter Monday (regional)						
28	29	30	1	2	3	4
Action for Brain Injury Week						
World Autism Acceptance Month						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
Action for Brain Injury Week						
World Autism Acceptance Month						
5	6	7	8	9	10	11
Early May Bank Holiday						
12	13	14	15	16	17	18
Mental Health Awareness Week						
19	20	21	22	23	24	25
Dementia Action Week						
26	27	28	29	30	31	1
Spring Bank Holiday						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 Spring Bank Holiday	27	28	29	30	31	1
2	3	4	5	6	7 Tourettes Awareness Day	8
9 Carers' Week	10	11	12	13	14	15 Father's Day
16 Learning Disability Week	17	18 Autistic Pride Day	19	20	21 King's Birthday	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Schizophrenia Awareness

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Summer Bank Holiday						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10 World Suicide Prevention Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1 ADHD Awareness Month	2	3	4	5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	1	2	3	4	5
ADHD Awareness Month						
6	7	8	9	10	11	12
ADHD Awareness Month						
Dyslexia Awareness Week						
		World Dyslexia Awareness		World Mental Health Day		
13	14	15	16	17	18	19
ADHD Awareness Month						
OCD Awareness Week						
20	21	22	23	24	25	26
ADHD Awareness Month						
					Daylight Saving Time ends	
27	28	29	30	31	1	2
ADHD Awareness Month					Men's Mental Health Awareness Month	
			Halloween			

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
ADHD Awareness Month				Men's Mental Health Awareness Month		
				Halloween		
3	4	5	6	7	8	9
Men's Mental Health Awareness Month						
		Guy Fawkes Day				Remembrance Sunday
		National Stress Awareness				
10	11	12	13	14	15	16
Men's Mental Health Awareness Month						
17	18	19	20	21	22	23
Men's Mental Health Awareness Month						
24	25	26	27	28	29	30
Men's Mental Health Awareness Month						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3 Persons with Disabilities Day	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31 New Year's Eve	1	2	3	4