

_2024 Mental Health At Work Calendar

JANUARY

_15
Able Futures webinar on new year mental health.
[Sign up](#)

FEBRUARY

_19
Able Futures webinar on how we can support staff mental health at work.
[Sign up](#)

MARCH

_01
Employee Appreciation Day.

_15
World Sleep Day.

_15 Able Futures webinar on sleep.
[Sign up](#)

APRIL

_01-30
Stress Awareness Month.

_07
World Health Day.

_17
Able Futures webinar on work / life balance.
[Sign up](#)

MAY

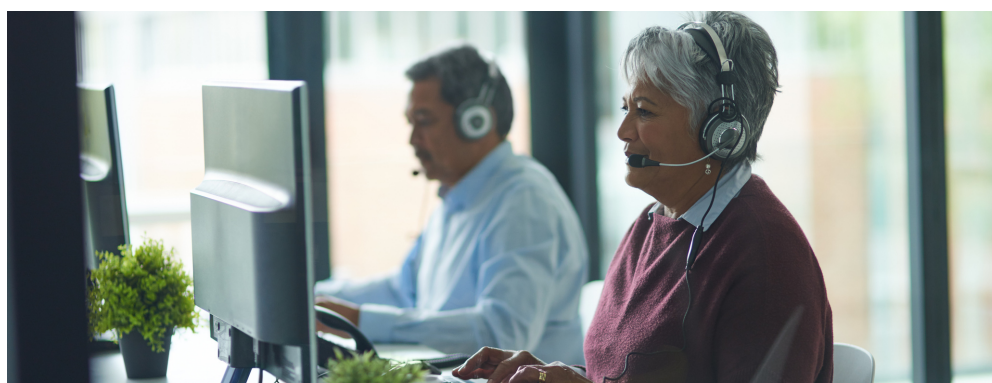
_13-19
Mental Health Awareness Week is all about raising awareness and promoting better mental health. It provides a great opportunity for people to talk about all aspects of mental health, with a focus on providing support and advice.

_15
Able Futures webinar on wellbeing at work.
[Sign up](#)

JUNE

_10-16
National Carer's Week.

_10
Able Futures webinar on reasonable adjustments to support mental health at work.
[Sign up](#)



JULY

_24
International self care day.

AUGUST

_19
World Humanitarian Day.

SEPTEMBER

_23-27
International week of happiness at work.

OCTOBER

_10
World Mental Health Day.

NOVEMBER

_06
Stress Awareness Day.

DECEMBER

_3
International Day of Disabled Persons.