

SAFMH AWARENESS DATES



2025

JANUARY 01

Support Group Awareness Week
26-31

FEBRUARY 02

Teen Suicide Prevention Week
09-16

MARCH 03

- Intellectual Disability Awareness Month
- Human Rights Day 21.03
- World Bipolar Awareness Day 30.03

APRIL 04

MAY 05

World Schizophrenia Awareness Day
24.05

JUNE 06

- Men's Health Month
- Youth Day 16.06

JULY 07

Psychosocial Disability Awareness Month

AUGUST 08

Women's Day
09.08

SEPTEMBER 09

World Suicide Prevention Day
10.09

OCTOBER 10

- World Mental Health Month
- World Mental Health Day 10.10

NOVEMBER 11

World Stress Awareness Day
05.11

DECEMBER 12

International Day of Persons with Disabilities
03.12