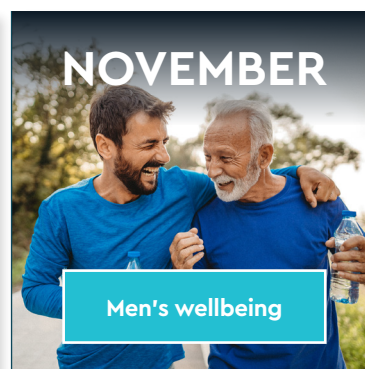
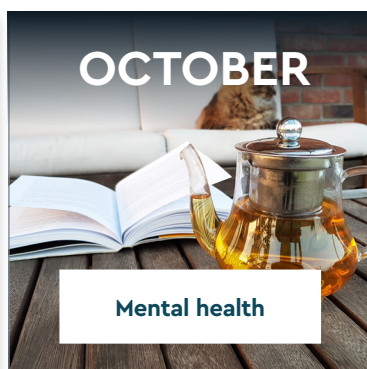
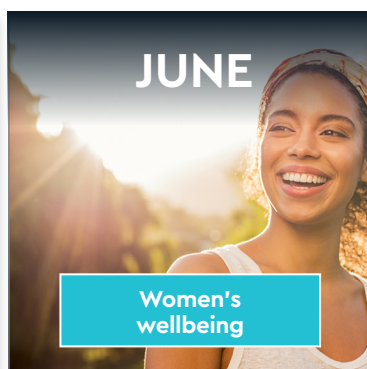
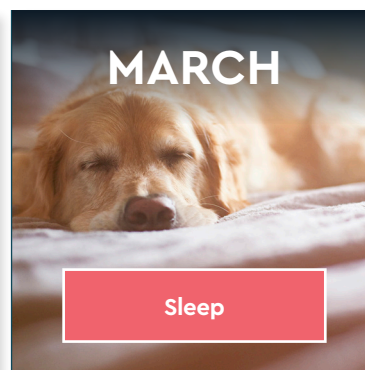
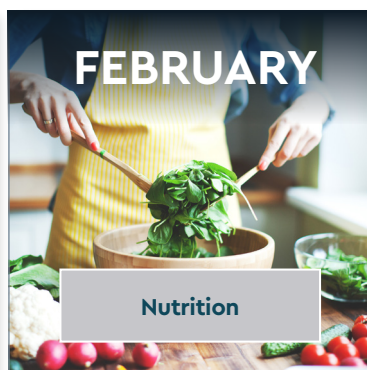
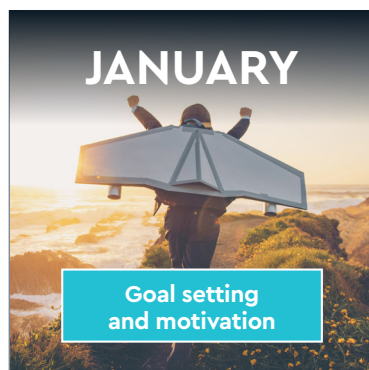


# Mental Health and Wellbeing Calendar 2022



## Key event dates:

4 Feb	World Cancer Day
1 Mar	Zero Discrimination Day
8 Mar	International Women's Day
13 - 19 Mar	Sleep Awareness Week
19 Mar	World Sleep Day
20 Mar	International Day of Happiness
7 Apr	World Health Day
28 Apr	World Day for Safety & Health at Work
17 May	IDAHOBIT
27 May	International Day of Families
28 May	Australia's Biggest Morning Tea
13 - 19 Jun	International Men's Health Week
3 - 9 Jul	Naidoc Week
3 - 10 Jul	Dry July
26 Aug	Wear it Purple
5 - 11 Sep	Women's Health Week
8 Sep	R U OK? Day
10 Sep	World Suicide Prevention Day
1 - 31 Oct	National Safe Work Month
10 Oct	World Mental Health Day
1 - 30 Nov	Movember
19 Nov	International Men's Day
25 Nov	White Ribbon Day
3 Dec	IDPwD
10 Dec	Human Rights Day