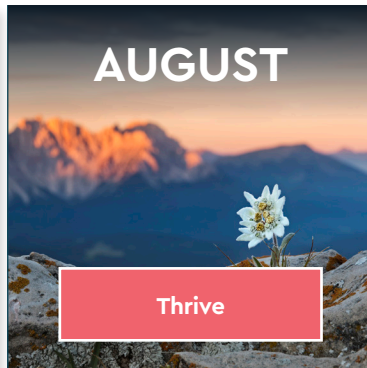
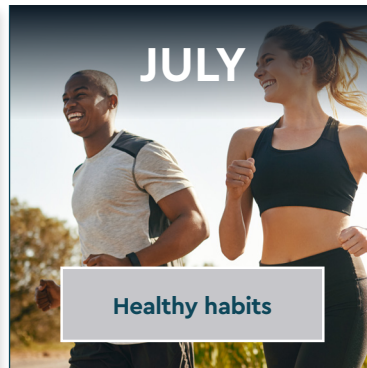
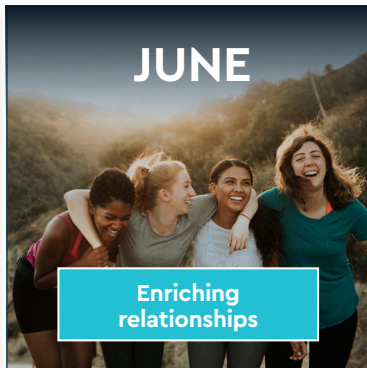
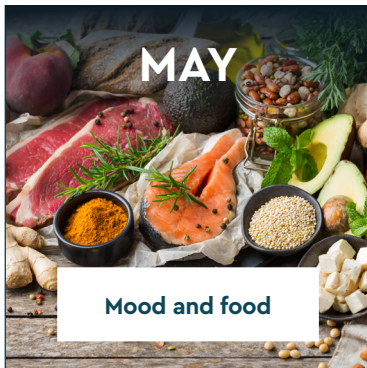
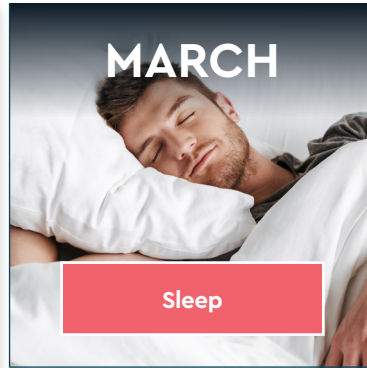


# Mental Health and Wellbeing Calendar 2023



## Key event dates:

|             |                                       |
|-------------|---------------------------------------|
| 4 Feb       | World Cancer Day                      |
| 1 Mar       | Zero Discrimination Day               |
| 8 Mar       | International Women's Day             |
| 12 - 18 Mar | Sleep Awareness Week                  |
| 17 Mar      | World Sleep Day                       |
| 20 Mar      | International Day of Happiness        |
| 7 Apr       | World Health Day                      |
| 28 Apr      | World Day for Safety & Health at Work |
| 15 May      | International Day of Families         |
| 17 May      | IDAHOBIT                              |
| 25 May      | Australia's Biggest Morning Tea       |
| 12 - 18 Jun | International Men's Health Week       |
| 2 - 9 Jul   | Naidoc Week                           |
| 1 - 31 Jul  | Dry July                              |
| 25 Aug      | Wear it Purple                        |
| 4 - 10 Sep  | Women's Health Week                   |
| 10 Sep      | World Suicide Prevention Day          |
| 14 Sep      | R U OK? Day                           |
| 1 - 31 Oct  | National Safe Work Month              |
| 10 Oct      | World Mental Health Day               |
| 1 - 30 Nov  | November                              |
| 17 Nov      | White Ribbon Day                      |
| 19 Nov      | International Men's Day               |
| 3 Dec       | IDPwD                                 |
| 10 Dec      | Human Rights Day                      |

