

Wellness calendar 2024



January

DRY JANUARY

15

Blue Monday

27

Parent Mental Health Day

February

1

Time to Talk Day

4

World Cancer Day

5

Children's Mental Health Week

26

Eating Disorders Awareness Week

March

8

International Women's Day

14

University Mental Health Day

15

World Sleep Day

25-31

Debt Awareness Week

April

STRESS AWARENESS MONTH

1-7

Maternal Mental Health Week

2

World Autism Awareness Day

May

MATERNAL MENTAL HEALTH MONTH

1

World Maternal Health Day

8-14

Mental Health Awareness Week

30

World MS Day

June

10-16

Carers Week

10-16

International Men's Health Week

12-18

Loneliness Awareness Week

12-18

Diabetes Awareness Week

19

International Father's Mental Health Day

July

3-9

Alcohol Awareness Week

24

International Self Care Day

30

International Day of Friendship

August

31

International Overdose Awareness Day

September

PAIN AWARENESS MONTH

10

World Suicide Prevention Day

19

Youth Mental Health Day

23-27

International Week of Happiness at Work

October

ADHD AWARENESS MONTH

2-6

National Work Life Week

10

World Mental Health Day

18

World Menopause Day

November

NOVEMBER

1-7

International Stress Awareness Week

6

Stress Awareness Day

13-19

National Self Care Week

14

World Diabetes Day

19

International Men's Day

December

2-8

National Grief Awareness Week

SilverCloud® by Amwell® (NYSE: AMWL) is the leading global provider of evidence-based wellbeing and behavioral health solutions, delivered digitally and at scale. We provide an easy-to-use, measurable and modern platform to improve access and outcomes for populations across Health Systems, Health Plans, Corporate Employers, and Education.