

January

Move for Mind (all month)

Set up a [JustGiving page](#) or [Virgin Money page](#) with a pledge to exercise every day in January - and boost your own wellbeing in the process!

Blue Monday (January 18th)

A good opportunity to remind people that depression affects people all year round.

April

Stress Awareness Month (all month)

Help to bring down your colleagues' stress levels with a weekly yoga class - and donate the entry fee to Bristol Mind.

May

Mental Health Awareness Week (May 13th - 20th)

Run a different awareness campaign each day with the help of our resources! Email your Bristol Mind contact for a resource pack.

February

Time to Talk Day (February 4th)

Time to Talk Day is the day that we get the nation talking about mental health. It's a great day to get staff together and start the conversation.

March

International Day of Happiness (March 20th)

March 20th is a day dedicated to being happy - so why not spread a little happiness through your workplace with a comedy night?

June

Growing for Wellbeing Week (June 1st - 5th)

Celebrate the wellbeing benefits of gardening with a charity plant sale - we can supply fundraising collection tins to collect cash.

Loneliness Awareness Week (June 15th - 18th)

Why not set up a pen-pal letter exchange in your office to raise money and beat loneliness?

June/July

Pride (all month / Bristol Pride 10th July) June is Pride Month, which means it's a great opportunity to show your LGBTQ+ colleagues some love - and to raise money for our dedicated LGBTQ+ services, like [MindLine Trans+](#) and [LGBTQ+ Counselling](#).

September

World Suicide Prevention Day (September 10th)

Raising awareness is every bit as important as raising money - so take some time this World Suicide Prevention Day to really think about the wellbeing of your staff. Why not arrange some [mental health training](#)?

November

Men's Health Awareness Month (all month)

November is all about men's mental health. Sponsored moustaches are the star of the show - but for those who can't grow them, why not get sponsored to wear a fake moustache all day?

August

Cycle to Work Day (August 5th)

This nationwide fitness initiative is a great excuse to raise some money - staff from further afield could get sponsored to cycle to work for the day, and staff who normally cycle commute could take on a cycling challenge.

October

World Mental Health Day (October 10th)

The biggest event in the mental health calendar - this is the time to go out and really shout from the rooftops that you're supporting Bristol Mind. You could host a whole day of fundraising and awareness-raising events - like an info stall using our resources, a company bake-off, or a staff pub quiz.

December

Christmas Crafternoon (all month)

Get some craft materials together and charge an entry fee for a Christmas Crafternoon, where people can make thoughtful gifts for their loved ones!