

## 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 6th)**

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!