

**WORKING MINDS**

**MAKE IT ROUTINE**

→ REACH OUT → RECOGNISE → RESPOND → REFLECT

**PREVENT STRESS AND SUPPORT  
MENTAL HEALTH AT WORK**

# DATES FOR YOUR DIARY 2024

**FEB**

**1** Time to Talk Day

**12-16** Mind Your Head

**APR**

**1-30** Stress Awareness Month

**MAY**

**15-21** Mental Health Awareness Week

**JUN**

**10-16** Men's Health Week

**OCT**

**10** World Mental Health Day

**NOV**

**4-8** International Stress Awareness Week

**6** Stress Awareness Day

The law requires all employers to prevent work related stress to support good mental health in the workplace by doing a risk assessment and acting on it.

Help drive change across Britain's workplaces by using these key moments to promote the Working Minds campaign and free resources.

**ACCESS FREE RESOURCES**

[workright.campaign.gov.uk/workingminds](https://workright.campaign.gov.uk/workingminds)