

2026 health safety, and wellbeing calendar

January

 All month
Dry January / [Veganuary](#)

 19th
[Brew Monday \(UK\)](#) 


February

 5th
[Time to Talk Day \(UK\)](#) 

March

 8th
[International Women's Day](#)

 13th
[World Sleep Day](#)


 16th – 22nd
[Neurodiversity Celebration Week](#)

 20th
[International Day of Happiness](#)



April

 All month
[Stress Awareness Month](#)

 7th
[World Health Day](#)


 28th
[World Day for Safety & Health at Work](#)

May


 All month
[Mental Health Awareness Week \(UK\)](#) 

 27th – June 3rd
[National Reconciliation Week \(AU\)](#) 

June

 All month
[Men's Health Month](#)

July


 24th
[International Self-Care Day](#)


August



 All month
[Tradies National Health Month \(AU\)](#) 

 28th
[Wear It Purple Day](#)

September

 All month
[Sleeptember](#)

 10th
[World Suicide Prevention Day](#)

 10th
[R U OK? Day \(AU\)](#) 


October

 All month
[National Safe Work Month \(AU\)](#) 


 10th
[World Mental Health Day](#)


 18th
[World Menopause Day](#)

November

 All month
[Movember](#)

December

 3rd
[International Day of Persons with Disabilities](#)

 Late
[The "Festive Fatigue" Focus](#)