

2017 NATIONAL MENTAL HEALTH OBSERVANCES



Month	National Mental Health Observances	Suggested Themes
January	National Drug Facts Week (Jan.23-29); Fun at Work Day (Jan. 27)	A Healthy New Year
February	American Heart Month; National School Counseling Week (Feb. 6-10); Random Acts of Kindness Week (Feb.12-18); National Eating Disorders Awareness Week (Feb. 26- Mar.4)	Eating Disorders and Mental Health
March	American National Nutrition Month; Employee Spirit Month; Developmental Disabilities Awareness Month; National Sleep Awareness Week (Mar. 2-9); Brain Awareness Week (Mar. 13-19); World Bipolar Day (Mar. 30)	Nutrition and Mental Health
April	National Autism Awareness Month; Alcohol Awareness Month; National Minority Mental Health Month; National Counseling Awareness Month; National Stress Awareness Month; National Workplace Wellness Week (TBD); World Health Day (Apr. 7)	Workplace Wellness

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May	Mental Health Month; Children’s Mental Health Awareness Week (13-17); National Prevention Week (May 14-20); Older Americans’ Mental Health Week (TBD); Schizophrenia Awareness Week (TBD); National Mental Health and Dignity Day (TBD); National Anxiety and Depression Awareness Week (May 7-13); Children’s Mental Health Awareness Day (May 4)	Mental Health Awareness
June	PTSD Awareness Month; National Post-traumatic Stress Disorder Awareness Day (June 27)	Trauma and PTSD
July	National Minority Mental Health Awareness Month	Cultural Competency
August	No official national mental health observances scheduled.	Back-to-School Preventative Care

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September	National Recovery Month; National Alcohol & Drug Addiction Recovery Month; National Suicide Prevention Week (Sept. 10-16); World Suicide Prevention Day (Sept. 10)	Suicide Prevention Recovery Month
October	National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month; Mental Illness Awareness Week (Oct.1-7)); National Depression Screening Day (Oct.5); World Mental Health Day (Oct.10); OCD Awareness Week (TBD); National Bipolar Awareness Day (TBD)	World Mental Health
November	International Survivors of Suicide Day (Nov.18)	Suicide Survivors
December	National Stress-Free Family Holiday's Month; International Day of Persons With Disabilities (Dec.3)	Stress-less This Season

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