

# 2016 NATIONAL MENTAL HEALTH OBSERVANCES



Month	National Mental Health Observances	Suggested Themes
January	<b>National Drug Facts Week (Jan.25-31); Fun at Work Day (Jan. 28)</b>	A Healthy New Year
February	<b>American Heart Month; National School Counseling Week (Feb. 1-5); Random Acts of Kindness Week (Feb.8-12); National Eating Disorders Awareness Week (Feb. 23- Mar.1)</b>	Eating Disorders and Mental Health
March	<b>National Sleep Awareness Week® (Mar. 6-13); American National Nutrition Month; Employee Spirit Month; Developmental Disabilities Awareness Month; Brain Awareness Week (Mar 14-20)</b>	Nutrition and Mental Health
April	<b>National Autism Awareness Month; Alcohol Awareness Month; National Minority Mental Health Month; National Counseling Awareness Month; National Stress Awareness Month; Premenstrual Dysphoric Disorder (PMDD) Month; National Workplace Wellness Week (TBD); World Health Day (Apr. 7)</b>	Workplace Wellness

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May	<b>Mental Health Month; Children’s Mental Health Awareness Week (4-10); National Prevention Week (May 15-21); Older Americans’ Mental Health Week (TBD); Schizophrenia Awareness Week (TBD); National Mental Health and Dignity Day (TBD); National Anxiety and Depression Awareness Week (May 2-8); Children’s Mental Health Awareness Day (May 2)</b>	Mental Health Awareness
June	<b>PTSD Awareness Month; National Post-traumatic Stress Disorder Awareness Day (June 27)</b>	Trauma and PTSD
July	<b>National Minority Mental Health Awareness Month</b>	Cultural Competency
August	<b>No official national mental health observances scheduled.</b>	Back-to-School Preventative Care

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September	<b>National Recovery Month; National Alcohol &amp; Drug Addiction Recovery Month; National Suicide Prevention Week (Sept. 4-10); World Suicide Prevention Day (Sept. 10)</b>	<p>Suicide Prevention</p> <p>Recovery Month</p>
October	<b>National Depression and Mental Health Screening Month; Health Literacy Month; Mental Illness Awareness Week (Oct.2-8); ADHD Awareness Week (TBD); OCD Awareness Week(TBD); World Mental Health Day (Oct.10); National Bipolar Awareness Day(TBD); National Depression Screening Day (Oct.6)</b>	<p>World Mental Health</p>
November	<b>International Survivors of Suicide Day (TBD)</b>	<p>Suicide Survivors</p>
December	<b>National Stress-Free Family Holiday's Month; International Day of Persons With Disabilities (Dec.3)</b>	<p>Stress-less This Season</p>

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