



# 2018 NATIONAL MENTAL HEALTH OBSERVANCES

MONTH	NATIONAL MENTAL HEALTH OBSERVANCES	SUGGESTED THEMES
January	<p><b><i>Mental Wellness Month</i></b></p> <p><b>No Name Calling Week (Jan. 15-20); National Drug and Alcohol Facts Week (Jan. 22-28)</b></p> <p><b>National Clean Off Your Desk Day (Jan. 8); National Fun At Work Day (Jan. 28)</b></p>	A Healthy New Year
February	<p><b><i>American Heart Month</i></b></p> <p><b>National School Counseling Week (Feb. 5-9); National Eating Disorders Awareness Week (TBD)</b></p> <p><b>Safer Internet Day (Feb. 6); National Random Act of Kindness Day (Feb. 17)</b></p>	Eating Disorders and Mental Health
March	<p><b><i>Self Harm Awareness Month, American National Nutrition Month</i></b></p> <p><b>Sleep Awareness Week (Mar. 4-11)</b></p> <p><b>Self-Injury Awareness Day, Zero Discrimination Day (Mar. 1); World Sleep Day (Mar. 16); World Bipolar Day (Mar. 30)</b></p>	Best Self-Care Practices

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April	<p><i>Alcohol Awareness Month; Stress Awareness Month; National Autism Awareness Month; National Counseling Awareness Month; National Minority Health Month</i></p> <p><b>World Autism Awareness Day (Apr. 2); World Health Day, National Alcohol Screening Day (Apr. 7); National Stress Awareness Day (Apr. 18)</b></p>	Stress Less This Spring
May	<p><i>Mental Health Month; National Maternal Depression Awareness Month; Self-Discovery Month; Women's Health Month</i></p> <p><b>National Anxiety and Depression Awareness Week (TBD) National Women's Health Week; National Prevention Week (May 13-19)</b></p> <p><b>National Children's Mental Health Awareness Day (TBD)</b></p>	Mental Health Awareness
June	<p><i>National PTSD Awareness Month; Men's Health Month</i></p> <p><b>National Men's Health Week (June 11-17)</b></p> <p><b>International Day of Yoga (June 21) National PTSD Awareness Day (June 27)</b></p>	Trauma and PTSD
July	<p><i>National Minority Mental Health Month</i></p>	Minority Mental Health
August	<p><b>National Health Center Week (TBD)</b></p>	Education on Treatment and Finding Resources

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September	<p><i>National Recovery Month; National Alcohol &amp; Drug Addiction Recovery Month</i></p> <p><b>National Suicide Prevention Week (Sept. 9-15)</b></p> <p><b>World Suicide Prevention Day (Sept. 10)</b></p>	Suicide Prevention and Recovery
October	<p><i>National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month</i></p> <p><b>Mental Illness Awareness Week (TBD); OCD Awareness Week (TBD); National Health Education Week (Oct. 15-19)</b></p> <p><b>National Depression Screening Day (TBD); World Mental Health Day (Oct 10)</b></p>	Mental Health Education and Depression Awareness
November	<p><b>Anti-Bullying Awareness Week (Nov. 11-16)</b></p> <p><b>International Stress Awareness Day (Nov. 1); International Survivors of Suicide Day (Nov. 17); National Family Health History Day (Nov. 24)</b></p>	Suicide Survivors
December	<p><i>National Stress-Free Family Holiday's Month</i></p> <p><b>International Day of Persons With Disabilities (Dec. 3)</b></p>	Stress-Less This Season

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