



# 2019 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</b> (Jan. 21-25); <b>National Drug and Alcohol Facts Week</b> (Jan. 22-27)</p> <p><b>National Clean Off Your Desk Day</b> (Jan. 14); <b>National Fun At Work Day</b> (Jan. 28)</p>	A Healthy New Year
February	<p><b><i>American Heart Month</i></b></p> <p><b>National School Counseling Week</b> (Feb. 4-8); <b>National Eating Disorders Awareness Week</b> (Feb. 25-Mar 3)</p> <p><b>Safer Internet Day</b> (Feb. 5); <b>National Random Act of Kindness Day</b> (Feb. 17)</p>	Eating Disorders and Mental Health

<p>March</p>	<p><b><i>Self Harm Awareness Month, American National Nutrition Month</i></b></p> <p><b>Sleep Awareness Week</b> (Mar. 10-16)</p> <p><b>Self-Injury Awareness Day, Zero Discrimination Day</b> (Mar. 1);  <b>World Sleep Day</b> (Mar. 15); <b>World Bipolar Day</b> (Mar. 30)</p>	<p>Best Self-Care Practices</p>
<p>April</p>	<p><b><i>Alcohol Awareness Month; Stress Awareness Month; National Autism Awareness Month; National Counseling Awareness Month; National Minority Health Month</i></b></p> <p><b>World Autism Awareness Day</b> (Apr. 2); <b>World Health Day</b> (Apr. 7); <b>National Alcohol Screening Day</b> (Apr. 11);  <b>National Stress Awareness Day</b> (Apr. 16)</p>	<p>Stress Less This Spring</p>
<p>May</p>	<p><b><i>Mental Health Month; National Maternal Depression Awareness Month; Self-Discovery Month; Women’s Health Month</i></b></p> <p><b>National Anxiety and Depression Awareness Week</b> (May 12-18);  <b>National Women’s Health Week, National Prevention Week</b> (May 12-18)</p> <p><b>National Children’s Mental Health Awareness Day</b> (May 9)</p>	<p>Mental Health Awareness</p>
<p>June</p>	<p><b><i>National PTSD Awareness Month; Men’s Health Month</i></b></p> <p><b>National Men’s Health Week</b> (June 10-16)</p> <p><b>International Day of Yoga</b> (June 21)  <b>National PTSD Awareness Day</b> (June 27)</p>	<p>Trauma and PTSD</p>

July	<b>National Minority Mental Health Month</b>	Minority Mental Health
August	<b>National Health Center Week</b> (Aug. 11-17)	Treatment Education
September	<b>National Recovery Month; National Alcohol &amp; Drug Addiction Recovery Month</b> <b>National Suicide Prevention Week</b> (Sept. 8-14) <b>World Suicide Prevention Day</b> (Sept. 10)	Suicide Prevention and Recovery
October	<b>National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month</b> <b>Mental Illness Awareness Week, OCD Awareness Week</b> (6-12); <b>National Health Education Week</b> (Oct. 21-25) <b>World Mental Health Day, National Depression Screening Day</b> (Oct. 10)	Mental Health Education and Depression Awareness
November	<b>International Stress Awareness Day</b> (Nov. 6); <b>International Survivors of Suicide Day</b> (Nov. 16); <b>National Family Health History Day</b> (Nov. 22)	Suicide Survivors
December	<b>National Stress-Free Family Holiday's Month</b> <b>International Day of Persons With Disabilities</b> (Dec. 3)	Managing Holiday Stress