



2023 NATIONAL MENTAL HEALTH OBSERVANCES

MONTH	NATIONAL MENTAL HEALTH OBSERVANCES	SUGGESTED THEMES
January	<p>Mental Wellness Month</p> <p>No Name Calling Week (Jan. 16-20)</p> <p>National Fun At Work Day (Jan. 27)</p> <p>National Compliment Day (Jan. 24)</p> <p>Bell Let's Talk Day (Jan. 25)</p>	Mental Health Resolutions
February	<p>American Heart Month</p> <p>National School Counseling Week (Feb. 6-10)</p> <p>Children's Mental Health Week (Feb. 7-13)</p> <p>National Eating Disorders Awareness Week (Feb. 27 - Mar. 5)</p> <p>Safer Internet Day (Feb. 7)</p> <p>National Random Act of Kindness Day (Feb. 17)</p>	Eating Disorders; Kindness

<p>March</p>	<p>Self-Harm Awareness Month; American National Nutrition Month</p> <p>National Drug and Alcohol Facts Week (Mar. 20-26)</p> <p>Self-Injury Awareness Day (Mar. 1) Zero Discrimination Day (Mar. 1) International Women’s Day (Mar. 8) World Sleep Day (Mar. 17) International Day of Happiness (Mar. 20) World Bipolar Day (Mar. 30) International Transgender Day of Visibility (Mar. 31)</p>	<p>Best Self-Care Practices</p>
<p>April</p>	<p>Alcohol Awareness Month; Stress Awareness Month; National Autism Awareness Month; National Counseling Awareness Month; National Minority Health Month</p> <p>World Autism Awareness Day (Apr. 2) World Health Day (Apr. 7) National Alcohol Screening Day (Apr. 6) Day of Silence (Apr. 14)</p>	<p>World Health Day</p>
<p>May</p>	<p>Mental Health Month; Asian American and Pacific Islander Heritage Month; National Maternal Depression Awareness Month; Women’s Health Month</p> <p>National Prevention Week (May 7-14) National Anxiety and Depression Awareness Week (May 9-15) National Women’s Health Week (May 14-20)</p> <p>National Children’s Mental Health Awareness Day (May 5)</p>	<p>Mental Health Awareness Month</p>

<p>June</p>	<p>National PTSD Awareness Month; Men’s Health Month; LGBTQ+ Pride Month</p> <p>National Men’s Health Week (June 12-18)</p> <p>National Say Something Nice Day (June 1) Juneteenth (June 19) International Day of Yoga (June 21) National PTSD Awareness Day (June 27)</p>	<p>Trauma and PTSD; LGBTQ Pride Month</p>
<p>July</p>	<p>National BIPOC Mental Health Month</p> <p>9-8-8 Anniversary (July 16)</p> <p>International Self-Care Day (July 24)</p>	<p>Minority Mental Health</p>
<p>August</p>	<p>Teen Mental Health Month</p> <p>National Health Center Week (Aug. 6-12)</p> <p>National Minority Donor Awareness Day (Aug. 1)</p>	<p>Back to School and Mental Health</p>
<p>September</p>	<p>National Recovery Month; National Alcohol & Drug Addiction Recovery Month; Hispanic Heritage Month (Sept 15 - Oct. 15)</p> <p>National Suicide Prevention Week (Sept. 10-16)</p> <p>World Suicide Prevention Day (Sept. 10) World Heart Day (Sept 29)</p>	<p>Recovery; Suicide Prevention</p>

<p>October</p>	<p>National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month; LGBTQ+ History Month; Hispanic Heritage Month (Sept 15 - Oct. 15)</p> <p>Mental Illness Awareness Week (Oct. 1-7) OCD Awareness Week (Oct. 8-14) National Health Education Week (Oct. 16-20)</p> <p>National Depression Screening Day (Oct. 5) World Mental Health Day (Oct. 10) Take Back Day (Oct. 29)</p>	<p>Mental Health Education and Depression Awareness</p>
<p>November</p>	<p>National Family Caregivers Month; Military Family Month, National Gratitude Month; Transgender Awareness Month</p> <p>International Stress Awareness Day (Nov. 1) Veterans Day (Nov. 11) International Survivors of Suicide Day (Nov. 18) Transgender Day of Remembrance (Nov. 20) National Family Health History Day (Nov. 23)</p>	<p>Veteran Mental Health</p>
<p>December</p>	<p>National Stress-Free Family Holiday's Month</p> <p>International Day of Persons With Disabilities (Dec. 3)</p>	<p>Holiday Mental Health</p>