



2020 NATIONAL MENTAL HEALTH OBSERVANCES

MONTH	NATIONAL MENTAL HEALTH OBSERVANCES	SUGGESTED THEMES
January	<p><i>Mental Wellness Month</i></p> <p>No Name Calling Week (Jan. 20-24);</p> <p>National Clean Off Your Desk Day (Jan. 13); National Fun At Work Day, National Compliment Day (Jan. 24); Bell Let's Talk Day (Jan. 29)</p>	Mental Health at Work
February	<p><i>American Heart Month</i></p> <p>National School Counseling Week (Feb. 3-7); National Eating Disorders Awareness Week (Feb. 24-Mar 2)</p> <p>Safer Internet Day (Feb. 11); National Random Act of Kindness Day (Feb. 17)</p>	Eating Disorders and Mental Health

<p>March</p>	<p>Self Harm Awareness Month, American National Nutrition Month</p> <p>National Drug and Alcohol Facts Week (Mar. 30-Apr. 5)</p> <p>Self-Injury Awareness Day, Zero Discrimination Day (Mar. 1); World Sleep Day (Mar. 13); International Women’s Day (Mar. 18); International Day of Happiness (Mar. 20); World Poetry Day (Mar. 21); World Bipolar Day (Mar. 30)</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. 9); National Pet Day (Apr. 11); National Stress Awareness Day (Apr. 16)</p>	<p>Stress Less This Spring</p>
<p>May</p>	<p>Mental Health Month; National Maternal Depression Awareness Month; Women’s Health Month</p> <p>National Anxiety and Depression Awareness Week (May 11-19); National Women’s Health Week, National Prevention Week (May 10-16)</p> <p>National Children’s Mental Health Awareness Day (May 7)</p>	<p>Mental Health Awareness</p>

June	<p><i>National PTSD Awareness Month; Men's Health Month</i></p> <p>National Men's Health Week (June 15-21)</p> <p>National Say Something Nice Day (June 1)</p> <p>International Day of Yoga (June 21)</p> <p>National PTSD Awareness Day (June 27)</p>	Trauma and PTSD
July	<p><i>National Minority Mental Health Month</i></p> <p>International Self-Care Day (July 24)</p>	Minority Mental Health
August	<p>National Health Center Week (Aug. 2-8)</p>	Treatment Education
September	<p><i>National Recovery Month; National Alcohol & Drug Addiction Recovery Month</i></p> <p>National Suicide Prevention Week (Sept. 6-12)</p> <p>World Suicide Prevention Day (Sept. 10)</p>	Suicide Prevention and Recovery

<p>October</p>	<p><i>National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month</i></p> <p>Mental Illness Awareness Week (Oct. 4-10); OCD Awareness Week (Oct. 11-17); National Health Education Week (Oct. 18-24)</p> <p>National Depression Screening Day (Oct. 8) World Mental Health Day (Oct. 10)</p>	<p>Mental Health Education and Depression Awareness</p>
<p>November</p>	<p><i>National Family Caregivers Month, Military Family Month, National Gratitude Month</i></p> <p>International Stress Awareness Day (Nov. 4); Veteran's Day (Nov. 11); International Survivors of Suicide Day (Nov. 23); National Family Health History Day (Nov. 28)</p>	<p>Suicide Survivors</p>
<p>December</p>	<p><i>National Stress-Free Family Holidays Month</i></p> <p>International Day of Persons With Disabilities (Dec. 3)</p>	<p>Managing Holiday Stress</p>