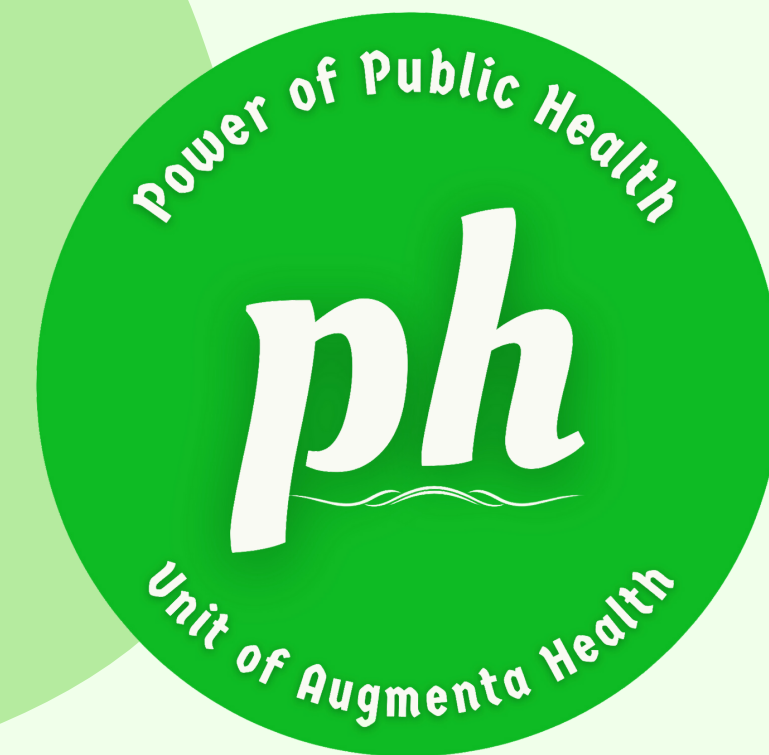




Mental Health Awareness

Calendar





January

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

National Youth Day (India): January 12th



February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

International Epilepsy Day
Second Monday of February



March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

International Bipolar Disorder Day: March 30th

World Sleep Day

Friday before the Spring Vernal Equinox
(March 14 - March 18)



April

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

World Autism Awareness Day: April 2

Stress Awareness Month

Autism Awareness Month

World Health Day: April 7

Mental Health Awareness Month

World Maternal Mental Health
Day: First Wednesday of May

Children’s Mental Health
Awareness Week:
First full week of May

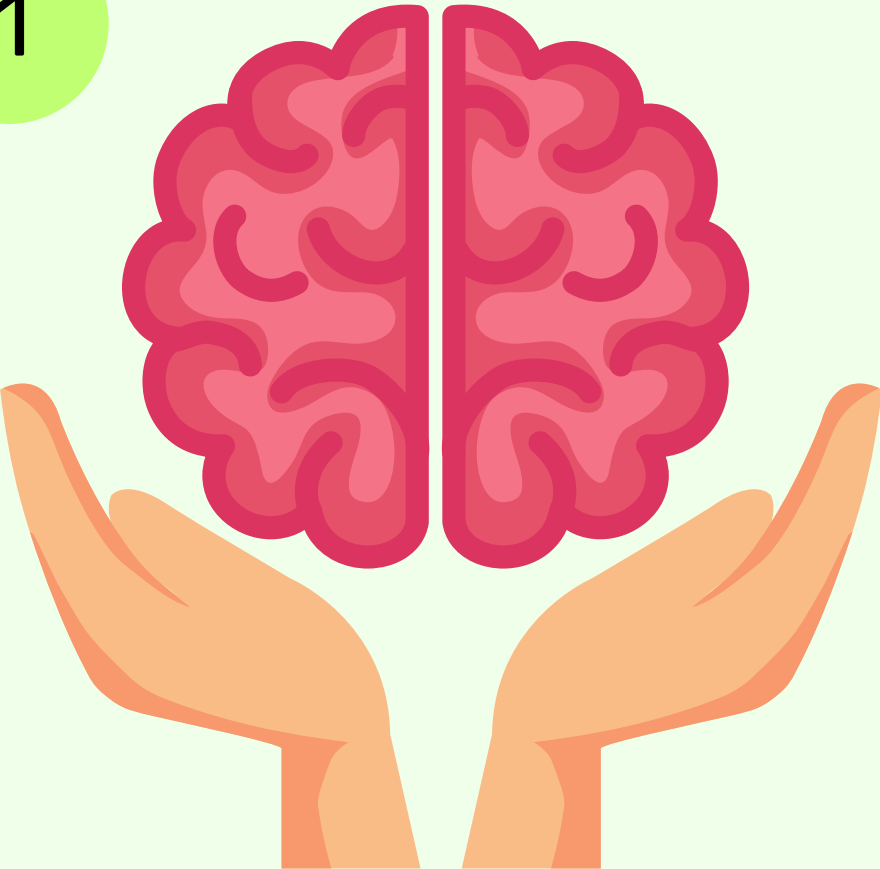
World Meditation Day: May 21st

Schizophrenia Awareness
May 24th

World No Tobacco Day
May 31st

May

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





June

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Day of Yoga: June 21st

**International Day Against Drug Abuse
and Illicit Trafficking: June 26th**

PTSD Awareness Day: June 27th



July

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

International Self-Care Day: July 24th

Minority Mental Health Month



August

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

International Overdose Awareness Day
August 31st



September

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

World Suicide Prevention Day: September 10th

World Alzheimer's Day: September 21st

National Mental Health Week (India)
First week of October

World Cerebral Palsy Day: October 6

World Mental Health Day: October 10

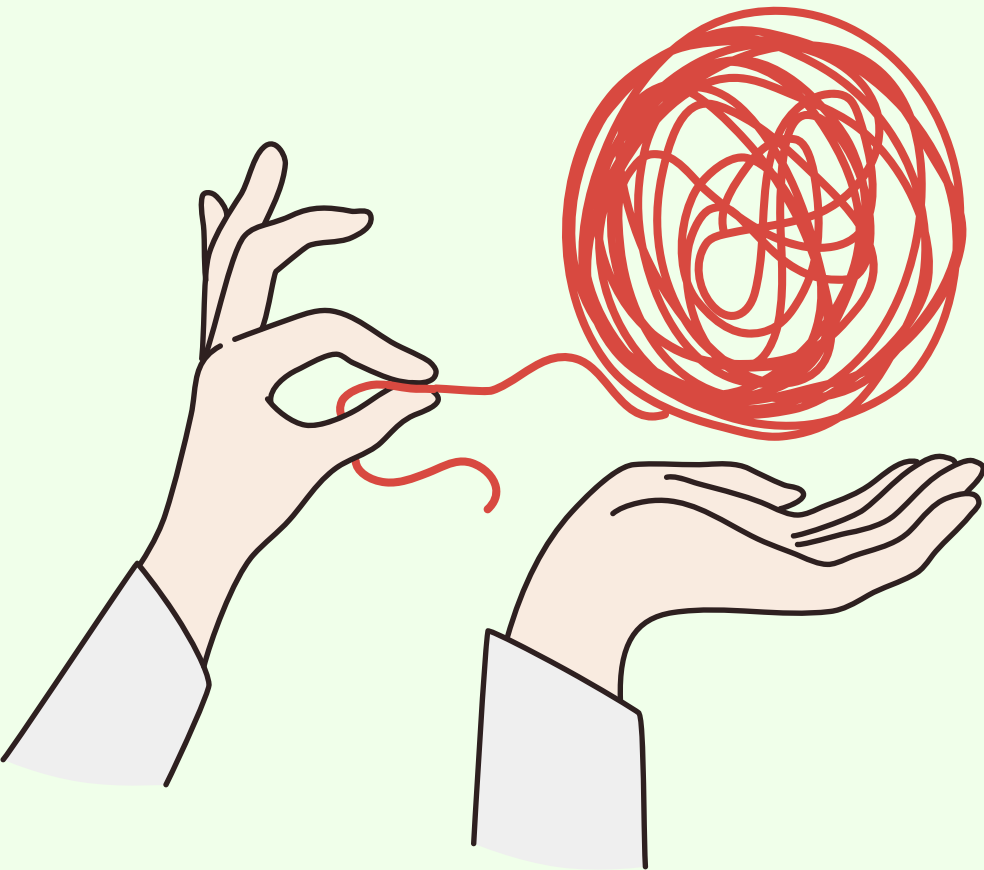
ADHD Awareness Month

National Depression Screening Day
First Thursday in October

OCD Awareness Week
Second full week in October

October

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





November

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Survivors of Suicide Loss
Day - Saturday before American Thanksgiving

Men's Mental Health Month (Movember)



December

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

International Day of Persons with Disabilities
December 3rd

Human Rights Day: December 10th