



# Mental Health Awareness Calendar

## JANUARY

Mental Wellness Awareness Month

## AUGUST

Aug 31 **Overdose Awareness Day**

## FEBRUARY

Teen Dating Violence Awareness Month  
Feb 24-Mar 3 **National Eating Disorder Awareness Week**

## SEPTEMBER

National Recovery Month  
Sept 10 **World Suicide Prevention Day**

## APRIL

Counseling Awareness Month  
Stress Awareness Month

## OCTOBER

Domestic Violence Awareness Month  
Substance Abuse Prevention Month  
Oct 5-11 **Mental Illness Awareness Week**  
Oct 10 **World Mental Health Day**

## MAY

Mental Health Awareness Month

## NOVEMBER

National Family Caregiver Month

## JULY

Minority Mental Health Awareness Month

