



Mental Health Awareness



2026 CALENDAR

JANUARY

Mental Wellness Awareness Month

FEBRUARY

Teen Dating Violence Awareness Month
Feb 23-Mar 2 National Eating Disorder Awareness Week

APRIL

Counseling Awareness Month
Stress Awareness Month

MAY

Mental Health Awareness Month

JULY

Minority Mental Health Awareness Month

AUGUST

Aug 31 Overdose Awareness Day

SEPTEMBER

National Recovery Month
Sept 10 World Suicide Prevention Day

OCTOBER

Domestic Violence Awareness Month
Substance Abuse Prevention Month
Oct 4-10 Mental Illness Awareness Week
Oct 10 World Mental Health Day

NOVEMBER

National Family Caregiver Month



Insight
COUNSELING
CENTERS