



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

