

# Mental Health Awareness Observances

## Calendar Year 2024

### January

#### Month

[Mental Wellness Month](#)

[National Mentoring Month](#)

#### Week

[No Name-Calling Week](#) (Jan. 20-24) *Social Media made on Canva to use already*

#### Day

I Am A Mentor Day (Jan 9<sup>th</sup>)

International Mentoring Day (Jan 17<sup>th</sup>)

Thank Your Mentor Day (Jan 21<sup>st</sup>)

### February

#### Month

[International Boost Self-Esteem Month](#)

[Teen Dating Violence Awareness Month](#)

#### Week

[Random Acts of Kindness Week](#) (Feb. 11-17) *Social Media made on Canva to use already*

#### Day

[Safer Internet Day](#) (Feb. 16)

**March**

**Month**

[Self Harm Awareness Month](#)

**Week**

[Sleep Awareness Week](#) (Mar. 10-16)

**Day**

[Self-Injury Awareness Day](#) (Mar. 1)

[Zero Discrimination Day](#) (Mar. 1)

**April**

**Month**

[Stress Awareness Month](#)

[National Counseling Awareness Month](#)

[National Minority Health Month](#)

**Day**

[World Health Day](#) (Apr. 7)

[Day of Silence](#) (Apr. 12)

**May**

**Month**

[Mental Health Month](#)

**Week**

[National Mental Health Counseling Week](#) (May 10-16)

[National Prevention Week](#) (May 12-18)

## **Day**

[World Maternal Mental Health Day](#) (May 1)

[National Children's Mental Health Awareness Day](#) (May 9)

## **June**

### **Month**

[LGBTQ Pride Month](#)

### **Day**

[PTSD Awareness Day](#) (Jun. 27)

## **July**

### **Month**

[Minority Mental Health Awareness Month](#)

## **September**

### **Month**

[National Suicide Prevention Month](#)

### **Week**

[National Suicide Prevention Week](#) (Sep. 8-14)

### **Day**

[World Suicide Prevention Day](#) (Sep. 10)

## **October**

## **Month**

[National Depression and Mental Health Screening Month](#)

[Bullying Prevention Month](#)

## **Week**

[Mental Illness Awareness Week](#) (Oct. 6-12)

## **Day**

[International Day of Non-Violence](#) (Oct. 2)

[National Depression Screening Day](#) (Oct. 7)

[National Stop Bullying Day](#) (Oct. 9)

[World Mental Health Day](#) (Oct. 10)

[National Coming Out Day](#) (Oct. 11)

## **November**

### **Week**

[Anti-Bullying Awareness Week](#) (Nov 11- Nov 17)

### **Day**

[International Stress Awareness Day](#) (Nov. 6)

[World Kindness Day](#) (Nov. 13)

[International Day for Tolerance](#) (Nov. 16 )

[International Survivors of Suicide Day](#) (Nov. 23)

## **December**

### **Month**

National Stress-Free Family Holidays Month

**Day**

Human Rights Day (Dec. 10)