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 9th)
International Mentoring Day (Jan 17th)
Thank Your Mentor Day (Jan 21st)

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)