

To DO or not to Do: what is the story?

Mental Health, Raising Awareness & the Media

Mental Health Promotion Campaigns Calendar Possibilities

Sept	Suicide Prevention Week World Suicide Prevention Day 9/11 National Suicide Prevention Awareness Month National Alcohol & Drug Addiction Recovery Month	first full week of September usually the 2nd Sunday
Oct	Mental Illness Awareness Week World Mental Health Week National Coming Out Day National Depression Screening Day World Mental Health Day	first week of October Wednesday, October 11, 2017 during the first week 2nd Monday in October
Nov	National Stress Awareness Day (U.K.) Veteran's Day (11) World Kindness Day International Survivors of Suicide Loss Day Alzheimer's Awareness Month	
Dec	Personal Wellness & Resilience (Managing Stress around the Holidays)	
Jan	Mental Wellness Resolutions Dr. Martin Luther King, Jr. Birthday	
Feb	Lincoln's Birthday & Valentine's Day (12) President's Day National Eating Disorders Awareness Week	
Mar	National Sleep Awareness Week	
Apr	National Public Health Week National Alcohol Screening Day World Health Day	
May	National Mental Health Month Memorial Day	