

# MONTHS FOR MENTAL HEALTH MINISTRY TO BUILD UPON

January National Mental Wellness Month

February Heart Health for Women; American Heart Month

March Self-Harm Awareness Month; Brain Injury Awareness Month; Sleep Awareness Week (2nd week)

April Alcohol Awareness Month; National Alcohol Screening Day; Nat'l Stress Awareness Month

May Mental Health Awareness; Feast of St. Dymphna (May 15); Screen Free Week (First week)

June Men's Health Month; Alzheimer's & Brain Awareness Month

July Minority Mental Health Awareness Month

August N/A

September National Suicide Prevention Month; Self-Care Awareness Month

October National Depression and Mental Health Screening Month; Mental Illness; Bullying Prevention Month; Pregnancy and Infant Loss Awareness Month; ADHD Awareness Month; World Mental Health Day (Oct 10)

November Gratitude and Mental Health

December Blue Christmas; Self-Care; Seasonal Depression Awareness Month