2019 Awareness Day Calendar

Awareness Days
Staying current with awareness days is a great way to help guide your promotional efforts and content throughout the year. Make sure to pay close attention to what’s trending on Twitter and Facebook each day, and try to make connections where you can to mental health and completing a screening. We’ve outlined some national and international days to help drive your efforts:

January

- **National Stalking Awareness Month**
  Learn about the impact stalking has on mental health at [https://www.stalkingawareness.org/stalking-awareness-month/#](https://www.stalkingawareness.org/stalking-awareness-month/#)

- **National Winter Sports TBI Awareness Month**
  Read about the connection between TBI and mental health at [http://www.thejohnnyo.org/](http://www.thejohnnyo.org/)

- **January 22 - 27 - National Drug and Alcohol Facts Week**

February

- **Teen Dating Violence Awareness Month** (Can promote Parent Brief Screen for Adolescent Depression)

- **Feb 24 - March 2 - National Eating Disorder Awareness Week**
  Read more about eating disorders at [https://mentalhealthscreening.org/programs/initiatives](https://mentalhealthscreening.org/programs/initiatives)

March

- **Brain Injury Awareness Month**
  Learn about the connection between brain injuries and mental health at [http://www.biausa.org/](http://www.biausa.org/)
• **March 10 - National Women and Girls HIV/AIDS Awareness Day**
  Learn more about how HIV/AIDS and mental health are related at [www.womenshealth.gov/nwghaad](http://www.womenshealth.gov/nwghaad)

• **March 11 - 17 - Brain Awareness Week**
  Learn more about the connection between brain health and mental health at [http://www.dana.org/BAW/](http://www.dana.org/BAW/)

• **March 25 - 29 - LGBTQ Health Awareness Week**
  Read about the LGBTQ community and mental health at [http://www.thetaskforce.org/](http://www.thetaskforce.org/)

### April

• **Alcohol Awareness Month**
  Learn about the impacts of alcoholism and drug dependence at [www.ncadd.org](http://www.ncadd.org)

• **Sexual Assault Awareness Month**
  Read about how sexual assault is connected to mental health at [http://www.nsvrc.org/saam/sexual-assault-awareness-month](http://www.nsvrc.org/saam/sexual-assault-awareness-month)

• **April 2 - World Autism Awareness Day**
  Read more about autism awareness at [https://www.autismspeaks.org/what-autism/world-autism-awareness-day](https://www.autismspeaks.org/what-autism/world-autism-awareness-day)

• **April 1 - 9 - National Public Health Week**
  Learn more about National Public Health Week at [http://www.nphw.org](http://www.nphw.org)

• **April 7 - World Health Day**
  Read about how mental health is addressed on World Health Day at [https://www.paho.org/world-health-day/](https://www.paho.org/world-health-day/)

• **April 11 - National Alcohol Screening Day**
  Read more about National Alcohol Screening Day at [https://mentalhealthscreening.org/programs/initiatives](https://mentalhealthscreening.org/programs/initiatives)

### May

• **ALS Awareness Month**
  Read more about ALS at [http://www.alsa.org](http://www.alsa.org)

• **National Mental Health Month**
  Read more about National Mental Health Month at [http://www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

• **May 6 - International No Diet Day**
  Read about the connection between eating disorders and the No Diet Day movement at [http://nedic.ca/blog/its-your-body-no-one-elses](http://nedic.ca/blog/its-your-body-no-one-elses)

• **May 12 - 18 - National Prevention Week**
  Read more about ways to promote awareness and create action around mental health issues and substance abuse at [https://www.samhsa.gov/prevention-week/about](https://www.samhsa.gov/prevention-week/about)
June

- **Men’s Health Month**
  Read about men’s health at [http://www.menshealthmonth.org](http://www.menshealthmonth.org)

- **Oral Health Month**

- **June 2 - World Eating Disorders Action Day**
  Learn more about eating disorders at [http://www.worldeatingdisordersday.org](http://www.worldeatingdisordersday.org)

- **June 8 - World Brain Tumor Day**
  Read about the impact of brain tumors at [https://www.consumerhealthdigest.com/health-awareness/world-brain-tumor-day.html](https://www.consumerhealthdigest.com/health-awareness/world-brain-tumor-day.html)

- **June 27 - National HIV Testing Day**
  Learn more about the impact of HIV/AIDS on mental health at [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4900603/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4900603/)

- **June 10 - 16 - Men’s Health Week**
  Read more about men’s mental health at [https://us.movember.com/mens-health/mental-health](https://us.movember.com/mens-health/mental-health)

July

- **National Minority Mental Health Month**
  Read more about minority mental health at [https://themighty.com/2015/07/10-things-you-should-know-about-minority-mental-health1/](https://themighty.com/2015/07/10-things-you-should-know-about-minority-mental-health1/)

August

- **August 4 – 10 - National Health Center Week**
  Read more about the connection between health centers and mental health at [https://healthcenterweek.org/about-nhcw/](https://healthcenterweek.org/about-nhcw/)

September

- **National Traumatic Brain Injury Awareness Month**
  Read more about the connection between traumatic brain injury and mental health at [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2536546/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2536546/)

- **National Alcohol and Drug Addiction Recovery Month**
  Read more about alcohol and drug addiction at [https://recoverymonth.gov/](https://recoverymonth.gov/)
• **September 8 - 14 - National Suicide Prevention Week**  

• **September 10 - World Suicide Prevention Day**  
  Read more about World Suicide Prevention Day at [https://iasp.info/wspd2018/](https://iasp.info/wspd2018/)

**October**

• **Domestic Violence Awareness Month**  
  Read more about the connection between domestic violence and mental health at [https://www.womenshealth.gov/violence-against-women/mental-health-effects-of-violence/](https://www.womenshealth.gov/violence-against-women/mental-health-effects-of-violence/)

• **Health Literacy Month**  
  Read more about Health Literacy Month at [http://www.healthliteracymonth.org/](http://www.healthliteracymonth.org/)

• **October 10 - National Depression Screening Day ®**  
  Read more about National Depression Screening Day at [https://mentalhealthscreening.org/programs/initiatives](https://mentalhealthscreening.org/programs/initiatives)

• **October 6 - 12 - Mental Illness Awareness Week**  
  Read more about mental illness at [https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week](https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week)

• **October 10 - World Mental Health Day**  
  Read more about World Mental Health Day at [http://www.who.int/mental_health/world-mental-health-day/en/](http://www.who.int/mental_health/world-mental-health-day/en/)

**November**

• **Alzheimer’s Disease Awareness Month**  
  Read about Alzheimer’s Disease at [http://www.actionalz.org/](http://www.actionalz.org/)

• **American Diabetes Month**  

• **National Family Caregivers Month**  
  Read more about the connection between caregiving and mental health at [https://www.caregiver.org/caregiver-health](https://www.caregiver.org/caregiver-health)

• **November 23 - International Survivors of Suicide Loss Day**  
  Read more about Survivor Day at [https://afsp.org/find-support/ive-lost-someone/survivor-day/](https://afsp.org/find-support/ive-lost-someone/survivor-day/)
December

- **December 1 - World AIDS Day**
  Read more about the connection between AIDS and mental health at [https://www.worldaidsday.org/about](https://www.worldaidsday.org/about)

- **December 3 - International Day of Persons with Disabilities**

- While not a formal observance, it’s important to consider the effects of SAD (Seasonal Affective Disorder) during this time of year, as well as the additional stress that the holidays can bring. Kiosk promotion in December can be designed to help folks better manage holiday stress and anxiety.