

Mental Health Awareness Calendar

February:

National Eating Disorders Awareness Week - Feb. 22-28

March:

Brain Awareness Week - March 9-14

April:

Stress Awareness Month
Autism Awareness Month
Counseling Awareness Month
Alcohol Awareness Month
Alcohol Screening Day - April 9

May:

Mental Health Awareness Month
Children's Mental Health Week - May 3-9
Mental Health Counseling Week - May 3-9
Schizophrenia Awareness Week - May 24-30
Childhood Depression Awareness Day - May 4
Anxiety Disorders Screening Day - May 6

September:

Suicide Prevention Week - Sept. 6-12
World Suicide Prevention Day - Sept. 10

October:

Depression and Mental Health Month
Mental Illness Awareness Week Oct. 4-10
National Depression Screening Day Oct. 1
World Mental Health Day Oct. 10

December:

Seasonal Depression Awareness Month



2009

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 <small>New Year's Day</small>	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 <small>Martin Luther King, Jr. Day</small>	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <small>President's Day</small>	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12 <small>Easter</small>	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 <small>31</small>	25 <small>Memorial Day</small>	26	27	28	29	30

JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 <small>Independence Day</small>
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 <small>30</small>	24 <small>31</small>	25	26	27	28	29

SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 <small>Labor Day</small>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12 <small>Columbus Day</small>	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 <small>Halloween</small>

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 <small>Election Day</small>	4	5	6	7
8	9	10	11 <small>Veteran's Day</small>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 <small>Thanksgiving Day</small>	27	28
29	30					

DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 <small>Christmas Day</small>	26
27	28	29	30	31		