

2018

Mental Health Observances



MONTH	NATIONAL MENTAL HEALTH OBSERVANCES	SUGGESTED THEMES	TIPS
January	<ul style="list-style-type: none">National Drug & Alcohol Facts WeekSM (Jan. 22-28)	A Healthy New Year	Make a fact vs. myth sheet. Use the hashtag #drugfacts on social media.
	<ul style="list-style-type: none">Fun at Work Day (Jan. 27)		Hold a small event to celebrate fun at work day - chili cook-off, employee lunch, employee team building activities. Use #HaveFunAtWorkDay .
February	<ul style="list-style-type: none">American Heart MonthNational School Counseling Week (Feb. 5-9)	Eating Disorders and Mental Health	Heart month - Remind employees of healthy heart activities and recipes. Celebrate Go Red for Women activities. Use #HeartMonth .
	<ul style="list-style-type: none">Random Acts of Kindness Week (Feb. 12-18)		Counseling week - Remind employees to recognize school counselors or nominate one deserving school counselor to recognize.
	<ul style="list-style-type: none">National Eating Disorders Awareness Week (Feb. 26 - Mar. 4)		Share what Random Acts of Kindness week is with employees. Create opportunities for employees to show random acts of kindness. Share past random acts of kindness. Use #RAK .
			Remind employees of eating disorder resources. Have a speaker from the community talk about eating disorder help. Use #NEDAwareness .

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March	<ul style="list-style-type: none">• National Sleep Awareness Week® (Mar. 11-17)• National Nutrition Month	Nutrition and Mental Health	<p>For sleep awareness - Provide tips to get adequate sleep. Have employees take a pledge to get better sleep or have a sleep accountability partner.</p> <p>For nutrition - Hold a nutrition fair with experts on informed food choices, sound eating habits and physical activity.</p>
	<ul style="list-style-type: none">• Employee Spirit Month		<p>Find ways to boost morale, show employees you appreciate them. Celebrate work milestones and accomplishments. Use #employeespirit.</p>
	<ul style="list-style-type: none">• Developmental Disabilities Awareness Month		<p>Remind employees of developmental disabilities. Have someone in the workplace with a developmental disability speak about it. Use #DDAware.</p>
	<ul style="list-style-type: none">• Brain Awareness Week (Mar. 12-18)		<p>Promote brain building activities and apps that have brain building exercises. Promote taking brain breaks - take a walk, drink water, etc.</p>

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April	<ul style="list-style-type: none">National Autism Awareness Month	Workplace Wellness	Hold a workplace virtual fair where autism resources are offered online or hold a physical fair with resources. Use <i>#autismspeaks</i> .
	<ul style="list-style-type: none">Alcohol Awareness Month		Provide resources or speakers to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. Use <i>#alcoholawareness</i> .
	<ul style="list-style-type: none">National Workplace Wellness Week (TBD)		Go over the benefits and offerings of Right Direction in the workplace as a reminder.
	<ul style="list-style-type: none">World Health Day (Apr. 7)		Use <i>#worldhealthday</i> on social media.

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May	<ul style="list-style-type: none">• Mental Health Month• Children's Mental Health Awareness Week (TBD)• National Prevention Week (May 14-20)• Older Americans' Mental Health Awareness Week (TBD)• Schizophrenia Awareness Week (TBD)• National Mental Health and Dignity Day (TBD)• National Anxiety and Depression Awareness Week (TBD)	Mental Health Awareness	Host a mental health resources fair with speakers, agencies and takeaways regarding mental health. Address all ages and provide screening tools for depression, anxiety, schizophrenia and other disorders.
June	<ul style="list-style-type: none">• PTSD Awareness Month• Trauma and National Post-traumatic Stress Disorder Awareness Day (June 27)	Trauma and PTSD	Set up a table with PTSD information in the office lunch room. Visit ptsd.va.gov for more ideas.

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July	<ul style="list-style-type: none">National Minority Mental Health Awareness Month	Cultural Competency	Reach out to the national or your local National Alliance on Mental Illness (NAMI) for more information. Use <i>#IntoMentalHealth</i> .
August	<ul style="list-style-type: none">No official national mental health observances scheduled	Back-to-School Preventative Care	Provide back to school tips to make the transition easier for students and families.
September	<ul style="list-style-type: none">National Suicide Prevention MonthWorld Suicide Prevention Day (Sept. 10)	Suicide Prevention	Make suicide prevention and recovery resources available.
	<ul style="list-style-type: none">National Recovery MonthNational Alcohol & Drug Addiction Recovery Month	Recovery Month	Consider partnering with a local alcohol and drug recovery organization on an event. Visit recoverymonth.gov for more ideas.

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October	<ul style="list-style-type: none">• National Depression and Mental Health Screening Month• World Mental Health Literacy Month• Mental Illness Awareness Week (TBD)• ADHD Awareness Week (TBD)• OCD Awareness Week (TBD)• National Depression Screening Day (Oct. 6)• World Mental Health Day (Oct. 10)• National Bipolar Awareness Day (TBD)	World Mental Health	Remind employees of Mental Health Awareness tips. For World Mental Health Day, use Right Direction's resources in the Materials Library and encourage social media posting with #WMHDay .

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November	<ul style="list-style-type: none">International Survivors of Suicide Day (Nov. 17)	Suicide Survivors	Make suicide survivor support resources available. https://afsp.org
December	<ul style="list-style-type: none">National Stress-Free Family Holidays Month	Stress-less This Season	Remind employees to stick with workout routines, share your tips on how you stress less during the holidays.