

2023 NATIONAL MENTAL HEALTH OBSERVANCES

MHA developed the following calendar to help employees navigate national (and international) mental health observances for 2023. Consider choosing one observance every one to two months to celebrate on social media, in an e-newsletter, or an internal email. Each observance includes one to two related resources that can be easily shared with staff and communities. We also included national observances for various populations. Many factors, including chronic health conditions and systemic “-isms,” contribute to mental health concerns, especially for the Black, Indigenous, and people of color (BIPOC) and LGBTQIA+ communities.

MONTH	DATES	NATIONAL MENTAL HEALTH OBSERVANCE	SUGGESTED RESOURCES
JAN	All Month	Mental Wellness Month	Live Mentally Healthy
	All Month	American Heart Month	Co-occurring: Mental Health and Chronic Illness
FEB	All Month	Black History Month	Black History Month Black And African American Communities and Mental Health
	20 - 26	National Eating Disorders Awareness Week	Eating Disorders Information & Resources
	13 - 19	Brain Awareness Week	
MAR	20 - 26	National Drug and Alcohol Facts Week	Addiction/Substance Use Information & Resources
	20 - 24	LGBT Health Awareness Week	LGBTQ+ Communities and Mental Health
	12 - 18	National Sleep Awareness Week	Get Enough Sleep
	17	World Sleep Day	
	1	Self-Injury Awareness Day	Self-Injury Information & Resources
	30	World Bipolar Day	Bipolar Disorder Information & Resources
APR	All Month	BIPOC Health Month	BIPOC Mental Health Toolkit
	All Month	Sexual Assault Awareness and Prevention Month	Sexual Assault and Mental Health
	All Month	Alcohol Awareness Month	Addiction Screening
	6	National Alcohol Screening Day	
18 - 24	Volunteer Week		
MAY	All Month	National Mental Health Awareness Month	Mental Health Month Toolkit
	All Month	Women's Health Month	
	All Month	Asian American and Pacific Islander Heritage Month	AAPI Communities and Mental Health Resources
	1 - 7	Maternal Mental Health Awareness Week	Maternal Mental Health

MONTH	DATES	NATIONAL MENTAL HEALTH OBSERVANCE	SUGGESTED RESOURCES
JUN	All Month 27	National PTSD Awareness Month National PTSD Awareness Day	PTSD Information & Resources PTSD Screening
	All Month 12 - 18	Men's Health Month National Men's Health Week	Men's Health Month
	All Month 7 - 14	Pride Month Multiracial Heritage Week	Pride and Mental Health
	8 - 10	MHA's Annual Conference	MHA's Annual Conference
	21	International Day of Yoga	Yoga
	JUL	All Month	BIPOC Health Month
All Month		Disability Pride Month	
26		National Disability Independence Day	
24		International Self-Care Day	
AUG	All Month	Back-to-School Season	Back to School Toolkit
SEP	All Month 10 - 16	National Suicide Prevention Month National Suicide Prevention Week	Suicide Information & Resources Suicide Prevention
	10	World Suicide Prevention Day	
	All Month	National Recovery Month	Recovery Support
	All Month	Hispanic Heritage Month (9/15-10/15)	Latinx/Hispanic Communities and Mental Health
OCT	All Month	ADHD Awareness Month	ADHD Information & Resources ADHD Screening
	All Month	Depression Awareness Month	Depression Information & Resources
	5	National Depression Screening Day	Depression Screening
	1 - 7	Mental Illness Awareness Week	Mental Illness Awareness Week
	8 - 14	OCD Awareness Week	OCD Information & Resources
	10	World Mental Health Day	
	11	National Coming Out Day	
	19	Global Peer Support Day	I Am Not Alone
NOV	All Month	National Family Caregivers Month	National Family Caregivers Toolkit
	All Month	Native American Heritage Month	Native and Indigenous Communities and Mental Health Resources
	13 - 19	Transgender Awareness Week	LGBTQ+ Communities and Mental Health
	1	International Stress Awareness Day	Stress Information & Resources
	11	Veterans Day	Military Mental Health
	18	International Survivors of Suicide Loss Day	Bereavement And Grief
DEC	All Month	Holiday Season	
	3	International Day of Persons with Disabilities	Seasonal Affective Disorder (SAD) Information & Resources