**January**

*Month*

* Mental Wellness Month, January 1-31st annually
* National Mentoring Month (mentoring.org)
* Self-Help Group Awareness Month
* National Stalking Awareness Month (NSAM) (stalkingawareness.org)
* National Slavery and Human Trafficking Prevention Month (dhs.gov)

*Weeks*

* 22nd-28th (last week of February) – Drug and Alcohol Facts Week (National) (NIDA)
* January 21 – January 25, 2019 - No Name Calling Week

*Days*

* 1st - Day of World Peace
* 9th - National Law Enforcement Appreciation Day
* 11th – Human Trafficking Awareness Day
* 21st – Martin Luther King Jr. Day (3rd Monday of January)

**February**

*Month*

* African American History Month (africanamericanhistorymonth.gov)
* Boost Your Self-Esteem Month
* Teen Dating Violence Awareness and Prevention Month (breakthecycle.org)
* Recreational Therapy Month (National) (American Therapeutic Recreation Association)

*Weeks*

* Last Week of February – Eating Disorder Awareness and Screening Week (February 25- March 5th 2019)

*Days*

* Every February 17th Random Acts of Kindness Day

**March**

*Month*

* Developmental Disabilities Month (nacdd.org)
* Women’s History Month (womenshistorymonth.gov)
* Social Workers Month (socialworkers.org)
* Problem Gambling Awareness Month (ncpgambling.org)
* Brain Injury Awareness Month (biausa.org)
* Self Harm Awareness Month
* National Nutrition Month (eatright.org)

*Weeks*

* 10th-17th 2019 –National Sleep Awareness Week (2nd full week of March) (sleepfoundation.org/SAW)

*Days*

* 1st – Self-Injury Awareness Day (Always 1st of March) (SIAD) (lifesigns.org.uk)
* 1st – Zero Discrimination Day (unaids.org or who.int)
* 8th – International Women’s Day (internationalwomensday.com) (IWD)
* 13th – Brain Injury Awareness Day (biausa.org)
* 20th – Kick Butts Day (tobacco-free kids) (3rd Wednesday of every March) (kickbuttsday.org)
* 20th – International Day of Happiness (dayofhappiness.net)
* 21st – World Down Syndrome Day (un.org/en/events/downsyndromeday/)
* 21st – International Day for the Elimination of Racial Discrimination (un.org or gov.za) (Same day annually)
* 26th – Purple Day for Epilepsy (Same day annually) (purpleday.org)

**April**

*Month*

* Alcohol Awareness Month (ncadd.org)
* Autism Awareness Month (autism-society.org)
* Child Abuse Prevention Month (childwlfare.gov)
* National Poetry Month (poets.org)
* Sexual Assault Awareness Month (SAAM) (nsvrc.org/saam)
* Stress Awareness Month
* National Humor Month (humormonth.org)

*Weeks*

* April 8-12th – National Youth Violence Prevention Week (nationalsave.org)

*Days*

* 2nd – World Autism Day (2nd of April annually) (autismspeaks.org)
* 2nd – Sexual Assault Awareness Day of Action (SAAM) (nsvrc.org)
* 7th – World Health Day (7th of April annually) (who.int)
* 10th – Siblings Day
* 10th – National Youth HIV & AIDS Awareness Day #NYHAAD (hiv.gov)
* 12th GLSEN Day of Silence (glsen.org)
* 16th – National Stress Awareness Day
* 22nd – Earth Day
* 26th – DEA’s Drug Takeback Day

**May**

*Month*

* Better Sleep Month (bettersleep.org)
* Bike Month (bikeleague.org)
* Borderline Personality Disorder Awareness Month
* Foster Care Month (childwelfare.gov)
* Mental Health Awareness Month (mentalhealthamerica.net/may)
* National Teen Pregnancy Prevention Month (stayteen.org)

*Weeks*

* May 12-18 – National Prevention Week (samhsa.gov/prevention-week)
* May 12th-19th National Women’s Health Week (womenshealth.gov)
	+ \*Make sure to make mention of PPD and PPA\*

*Days*

* May 31st- World No Tobacco Day (who.int/tobacco/wntd/en/)

**June**

*Month*

* LGBT Pride Month (glaad.org)
* PTSD Awareness Month (ptsd.va.gov)
* Men’s Health Month (menshealthmonth.org)

*Weeks*

* June 10th-16th – Men’s Health Week

*Days*

* June 4th- Hug Your Cat Day
* June 18th- Autistic Pride Day (June 18th annually) (the-art-of-autism.com)
* June 26th- International Day Against Drug Abuse and Illicit Trafficking (un.org)
* June 27th – National HIV Testing Day #HIVTestingDay (hiv.gov)
* June 27th- National Post Traumatic Stress Disorder Day (27th annually) (militarybenefits.info)

**July**

*Month*

* Disability Pride Month (NY) (sus.org)
* National Minority Mental Health Awareness Month (name.org)

*Weeks*

*Days*

* July 30th- International Day of Friendship (un.org)

**August**

*Month*

*Weeks*

*Days*

* August 8th- Happiness Happens Day (sohp.com)
* August 8th- International Cat Day
* August 12th- International Youth Day (un.org)
* August 30th - Opioid Misuse Prevention Day (amaalliance.org/advocacy-opiod)
* August 31st- International Overdose Awareness Day (overdoseday.com)

**September**

*Month*

* National Recovery Month (recoverymonth.gov)
* Suicide Prevention Month
* Drug-Free Pain Management Awareness Month (drugfreepaincare.org)

*Weeks*

* September 8th-14th – National Suicide Prevention Week (afsp.org)

*Days*

* September 9th- International Fetal ALCOHOL Spectrum Disorder (FASD) Awareness Day
* September 10th- World Suicide Prevention Day (iasp.info)
* September 15th – Rape, Abuse & Incest National Network (RAINN) Day
* September 21st – International Day of Peace (un.org)

**October**

*Month*

* Bullying Prevention Month (pacer.org ; stompoutbullying.org ; stopbullying.gov)
* SWRMHB Mental Wellness Month (Get Your Check Up from the Neck Up)
* Depression Education and Awareness Month (adaa.org)
* Disability Employment Awareness Month (dol.gov/odep)
* Domestic Violence Awareness Month (nomore.org or nrcdv.org/dvam)
* LGBTQ History Month (lgbthistorymonth.com)
* National ADHD Awareness Month (add.org)

*Weeks*

* October 6th – 12th – Mental Illness Awareness Week (First Full Week) (nami.org)
* October 20th-26th - Collegiate Alcohol Awareness Week (third full week) (naspa.org)
* October 20th- 26th - National Teen Driver Safety Week (third full week of the month) (trafficsafetymarketing.gov , teendriversource.org , transportation.gov)
* October 23rd – 31st – Red Ribbon Week (Drug Free America) (redribbon.org, naturalhigh.org)

*Days*

* October 2nd – International Day of Non-Violence (un.org)
* October 7th- World Day of Bullying Prevention (first Monday) (stompoutbullying.org)
* October 6th- National Depression Screening Day (Thursday of first full week) (mentalhealthscreening.org)
* October 10th- World Mental Health Day (who.int)
* October 11th- National Coming Out Day (hrc.org)
* October 11th- Day of the Girl Child (un.org , unwomen.org , dayofthegirlsummit.org)
* October 14th- Indigenous People’s Day (uua.org)
* October 22nd- International Stuttering Awareness Day (isad.isastutter.org stutteringhelp.org)
* October 26th- Intersex Awareness Day (interactadvocates.org , intersexday.org)
* 26th – DEA’s Drug Takeback Day

**November**

*Month*

* Adoption Awareness Month (heartbeatinternational.org , childwelfare.gov)
* Alzheimer’s Awareness Month (seniorliving.org , alz.org , worldalzmonth.org)
* Epilepsy Awareness Month (epilepsy.com , efepa.org )

*Weeks*

* November 12th-19th – Transgender Awareness Week (glaad.org/transweek)

*Days*

* November 13th – World Kindness Day (randomactsofkindness.org)
* November 16th- International Day For Tolerance (un.org)
* November 17th- International Students Day (17thofnovember-internationaldayofstudents.webstarts.com , eusa.eu/projects/international-students-day)
* November 19th- International Men’s Day (internationalmensday.com)
* November 20th- Transgender Day of Remembrance (glad.org/tdor)
* November 21st – Great American Smokeout (cancer.org)
* November 23rd - International Survivors of Suicide Day (annually the Saturday before Thanksgiving) (afsp.org)
* November 25th- International Day for the Elimination of Violence against Women (un.org)

**December**

*Month*

* AIDS Awareness Month (nationalhivawarenessmonth.org , hiv.gov)
* Universal Human Rights Month

*Weeks*

*Days*

* December 1st- World AIDS Day (worldaidsday.org)
* December 3rd- International Day of People with Disabilities (idpwd.org)
* December 10th- Human Rights Day (un.org)