

January 2022

MENTAL WELLNESS MONTH
NATIONAL MENTORING MONTH

February 2022

Su	Mo	Tu	We	Th	Fr	Sa
30	31	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	1	2	3	4	5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 You Can Do It!	29	30	31	1
2	3	4	5	6	7 Your Mental Health Matters	8
9	10	11 Human Trafficking Awareness Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Believe in Yourself!	26	27	28	29
30	31	1	2	3	4	5

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February 2022

March 2022

Su	Mo	Tu	We	Th	Fr	Sa
27	28	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	1	2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 You Can Do It!	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 Believe in Yourself!	18	19
20 World Day of Social Justice	21	22	23	24	25	26
27	28	1 Your Mental Health Matters!	2	3	4	5

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March 2022

Su	Mo	Tu	We	Th	Fr	Sa
27	28	29	30	31	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 Self-Injury Awareness Day	2 Believe in Yourself!	3	4	5
6 You Can Do It!	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 World Down Syndrome Day	22	23	24	25 Your Mental Health Matters!	26
27	28	29	30 World Bipolar Day	31	1	2

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April 2022

STRESS AWARENESS MONTH
SEXUAL ASSAULT AWARENESS MONTH

May 2022

Su	Mo	Tu	We	Th	Fr	Sa
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	1	2	3	4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29 Your Mental Health Matters!	30	31	1	2 World Autism Awareness Day
3	4	5	6	7 Day of Hope	8 World Health Day	9
10	11	12	13	14	15	16
17 Believe in yourself!	18 Adult Autism Awareness Day	19 World Stress Awareness Day	20	21 You can do it!	22 Earth Day	23
24	25 National Drug Take Back Day	26	27	28	29	30

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May 2022

BORDERLINE PERSONALITY DISORDER AWARENESS MONTH
 NATIONAL MATERNAL DEPRESSION MONTH
 MENTAL HEALTH AWARENESS MONTH
 NATIONAL TEEN SELF-ESTEEM MONTH

June 2022

Su	Mo	Tu	We	Th	Fr	Sa
29	30	31	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	1	2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 National Garden Meditation Day	4	5 World Maternal Health Day	6	7
8	9 National Children's Mental Health Awareness Day	10	11	12	13 Your Mental Health Matters!	14
15 Believe In Yourself!	16	17	18	19	20	21
22	23	24	25 You can do it!	26	27	28
29	30	31	1	2	3	4

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June 2022

ALZHEIMERS AND BRAIN AWARENESS MONTH
 MENTAL HEALTH AWARENESS MONTH
 NATIONAL PTSD AWARENESS MONTH

July 2022

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	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	1	2	3	4	5	6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Your Mental Health Matters!	31	1	2	3	4
5	6	7	8	9	10	11
12 You can do it!	13	14	15	16	17	18 International Panic Day
19	20 Alzheimer's and Brain Awareness Day	21 International Yoga Day	22	23	24	25
26 International Day Against Drug Abuse and Trafficking	27 PTSD Awareness Day	28	29	30	1	2 Believe in Yourself!

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July 2022

NATIONAL MINORITY MENTAL
HEALTH AWARENESS MONTH

August 2022

Su	Mo	Tu	We	Th	Fr	Sa
31	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	1	2	3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 You Can Do It!	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Your Mental Health Matters!	16
17	18	19	20	21	22	23
24 International Self Care Day	25	26	27	28	29	30 World Day Against Trafficking Persons
31	1	2 Believe in Yourself!	3	4	5	6

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August 2022

September 2022

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	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	1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 You Can Do It!	1	2	3	4 Believe in Yourself!	5	6
7	8	9	10	11	12 International Youth Day	13
14	15	16	17	18	19	20
21	22	23 Your Mental Health Matters!	24	25	26	27
28	29	30	31	1	2	3

September 2022

October 2022

Su	Mo	Tu	We	Th	Fr	Sa
25	26	27	28	29	30	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	1	2	3	4	5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 You Can Do It!	30	31	1	2	3
4	5	6	7	8	9	10 World Suicide Prevention Day
11	12	13 Believe in Yourself!	14	15	16	17
18	19	20	21	22 Your Mental Health Matters!	23	24
25	26	27	28	29	30	1

October 2022

Su	Mo	Tu	We	Th	Fr	Sa
30	31	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	1	2	3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 You Can Do It!	26	27	28	29	30	1
2 International Day of Non-Violence	3	4	5	6	7 Believe in Yourself!	8 National Depression Screening Day
9	10 World Mental Health Day	11	12	13	14 National Stop Bullying Day	15
16	17	18	19	20	21	22
23	24	25	26 Your Mental Health Matters!	27	28	29
30	31	1	2	3	4	5

November 2022

December 2022

Su	Mo	Tu	We	Th	Fr	Sa
27	28	29	30	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6 International Stress Awareness Day	7	8	9	10	11	12
13 World Kindness Day	14	15	16 International Day for Tolerance	17	18	19
20	21 International Survivors of Suicide Day	22	23	24	25	26
27	28	29	30	1	2	3

December 2022

January 2023

Su	Mo	Tu	We	Th	Fr	Sa
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	1	2	3	4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 You Can Do It!	29	30	1 World AIDS Day	2	3 International Day of Persons with Disabilities
4	5	6	7	8	9	10 Human Rights Day
11	12	13 Believe in Yourself!	14	15	16	17
18	19	20	21	22 Your Mental Health Matters!	23	24
25	26	27	28	29	30	31