



## Awareness Calendar 2024

To help affiliates plan their outreach to communities and social media followers, MHA has created the following document to inform you of different health awareness observances or topics we plan to address throughout the year. By no means is this a comprehensive list of all the health observances that take place during the year, and we encourage you to highlight those which we have not included if they fit with your work or community partnerships.

We will also be creating new materials throughout the year which are not listed below but will be promoted across our social media channels. Please keep an eye out in our weekly News from National e-newsletter and across our social media accounts for these new materials. If you want to sign up for News from National, you can do so at the bottom of the page [here](#). Below is a list of MHA's handles on social media.

Facebook <https://www.facebook.com/mentalhealthamerica>  
X (aka Twitter) <https://twitter.com/mentalhealtham>  
Instagram <https://www.instagram.com/mentalhealthamerica>  
YouTube <https://www.youtube.com/user/mentalhealthamerica>  
Threads <https://www.threads.net/@mentalhealthamerica>

## JANUARY

Social media content in the first part of the month will focus on new year's resolutions, goal setting, and self-care.

- Content from MHA to promote or pull from:
  - <https://mhanational.org/creating-healthy-routines>
  - <https://mhanational.org/creando-rutinas-saludables>
  - <https://mhanational.org/eliminating-toxic-influences>
  - <https://mhanational.org/eliminar-las-influencias-toxicas>
  - <https://screening.mhanational.org/content/looking-good-4-steps-find-positives-bad-situation>
  - <https://mhanational.org/setting-goals-recovery>
  - <https://mhanational.org/maintaining-hope-face-uncertainty>
  - <https://mhanational.org/taking-time-yourself>
  - <https://mhanational.org/dedicando-un-tiempo-para-uno-mismo>
  - <https://screening.mhanational.org/content/prioritizing-self-care/>
  - <https://mhanational.org/events/building-financial-wellness-webinar>
- Call to Action: Check in on your mental health by taking a screen at [mhascreening.org](https://mhascreening.org)

### Mental Wellness Month

- <https://mhanational.org/live-your-life-well>
- <https://mhanational.org/workplace>
- <https://mhanational.org/blog/7-tips-keeping-routine-your-wellness>
- <https://mhanational.org/blog/guarding-your-joy-keeping-your-mental-wellness-high-your-agenda>
- <https://mhanational.org/how-can-we-create-wellness-space-our-workplace>
- <https://mhanational.org/staying-mentally-healthy>
- <https://mhanational.org/tips-planning-wellness-event>

- <https://mhanational.org/bipoc/culturally-responsive-care/community-care>
- <https://mhanational.org/care-your-health>
- [https://screening.mhanational.org/content/daily-wellness-chart-worksheet/?layout=actions\\_a](https://screening.mhanational.org/content/daily-wellness-chart-worksheet/?layout=actions_a)
- <https://mhanational.org/events/building-financial-wellness-webinar>
- Call to Action: Plan a wellness event: see our tips for planning a wellness event here: <https://mhanational.org/tips-planning-wellness-event>

# FEBRUARY

## Black History Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/black-history-month>
  - <https://www.mhanational.org/black-pioneers-mental-health>
  - <http://www.mhanational.org/blog/honoring-black-history-while-honoring-mental-health>
  - <https://mhanational.org/bebemoorecampbell>
  - <https://mhanational.org/events/history-systemic-racism-us>
  - <https://mhanational.org/blog/confronting-barriers-and-systemic-racism-address-mental-health-among-black-youth>
  - <https://mhanational.org/events/i-am-because-we-are-reclaiming-african-culture-source-strength-black-communities>
  - <https://mhanational.org/events/ubuntu-exploring-black-community-inherited-system-peer-support>
  - <https://mhanational.org/events/black-joy-webinar>
  - <https://www.mhanational.org/blog/black-dreams-black-joy>

## Heart Health Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/co-occurring-mental-health-and-chronic-illness>
  - <https://mhanational.org/depression-and-heart-disease>
  - <https://screening.mhanational.org/content/getting-physically-active/>

## World Cancer Day: February 4

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/co-occurring-mental-health-and-chronic-illness>
  - <https://mhanational.org/cancer-and-mental-health>
  - <https://mhanational.org/blog/why-mental-health-screenings-should-be-regular-part-cancer-care>
  - <https://mhanational.org/events/holding-others-caregiving-chronic-illness-and-self-care>
  - <https://mhanational.org/events/managing-chronic-disease-mental-health-connection>

## Celebrate the founding of Mental Health America: February 19

- Content from MHA to promote or pull from:
  - <https://mhanational.org/about>
  - <https://mhanational.org/our-history>

## Eating Disorders Awareness and Screening Week: February 26–March 1, 2024

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/conditions/eating-disorders>
  - <http://www.mhanational.org/conditions/eating-disorders-and-youth>
  - <https://screening.mhanational.org/content/what-eating-disorder>
  - <https://screening.mhanational.org/content/are-there-different-types-eating-disorders>
  - <http://screening.mhanational.org/content/why-it-so-hard-recover-eating-disorder>

- <http://screening.mhanational.org/content/how-can-i-explain-my-eating-disorder-other-people>
- <http://screening.mhanational.org/content/can-you-have-eating-disorder-if-you-arent-skinny>
- <http://screening.mhanational.org/content/i-hate-my-body>
- <https://screening.mhanational.org/content/i-cant-stop-stress-eating>
- <https://mhanational.org/blog/how-yoga-can-improve-body-image>
- <https://mhanational.org/blog/why-i-believe-full-recovery-eating-disorder-possible>
- <https://mhanational.org/covid-19-and-eating-disorders>
- <https://mhanational.org/events/addressing-spectrum-disordered-eating>
- <https://mhanational.org/blog/boy-his-anorexia-and-heart-saved-his-life>
- <https://www.mhanational.org/blog/guest-blog-lived-experience-eating-disorder-led-life-saving-treatment>
- <https://mhanational.org/blog/how-mental-health-advocacy-helped-me-fully-recover-my-eating-disorder>
- <https://mhanational.org/events/role-model-positive-food-relationships>
- <https://mhanational.org/blog/growing-up-in-food-desert>
- <https://mhanational.org/blog/distorted-mirror-what-caregivers-need-know-about-tech-and-youth-body-image>

- Call to Action: Take the Eating Disorders screen at [mhascreening.org](https://mhascreening.org)

## MARCH

### Self-Injury Awareness Day: March 1<sup>st</sup>

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/self-injury-cutting-self-harm-or-self-mutilation>
  - <https://mhanational.org/blog/6-things-know-about-self-injury>
  - <https://mhanational.org/suicide-prevention>
  - [https://screening.mhanational.org/content/am-i-harming-myself-types-of-self-harm/?layout=actions\\_a](https://screening.mhanational.org/content/am-i-harming-myself-types-of-self-harm/?layout=actions_a)
  - <https://screening.mhanational.org/content/someone-i-care-about-harming-themselves/>
  - <https://screening.mhanational.org/screening-tools/self-injury-survey/?ref>

### National Sleep Awareness Week: March 10–16, 2024 & World Sleep Day: March 15

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/conditions/fitness-4mind4body-sleep>
  - <https://mhanational.org/sueno>
  - <http://www.mhanational.org/get-enough-sleep>
  - <http://www.mhanational.org/conditions/rest-relaxation-and-exercise>
  - <http://www.mhanational.org/melatonin>
  - <http://screening.mhanational.org/content/i-cant-stop-sleeping>
  - <http://www.mhanational.org/blog/sleep-deprivation-effects-mind-and-body>
  - <https://mhanational.org/combating-sleep-difficulties-healthcare-workers>
  - <https://mhanational.org/blog/trends-sleep-patterns-among-mental-health-screeners>
  - <https://mhanational.org/recovery/physical/sleep-complications>
  - <https://mhanational.org/blog/how-blue-light-affects-mental-health>

### Brain Awareness Week: March 11–17, 2024

- Content from MHA to promote or pull from:
  - <https://mhanational.org/how-brain-works>
  - <https://mhanational.org/human-brain-101>
  - <https://mhanational.org/neurons-how-brain-communicates>
  - <http://www.mhanational.org/issues/prevention-and-early-intervention-mental-health>
  - <http://www.mhanational.org/b4stage4-get-informed>
  - <http://www.mhanational.org/conditions/fitness-4mind4body-gut-brain-connection>
  - <https://www.mhanational.org/cranial-electrotherapy-stimulation>
  - <https://screening.mhanational.org/content/what-mental-illness-sciency-article>

- <https://mhanational.org/conditions/learning-disabilities>

## **National Drug and Alcohol Facts Week: March 18–24, 2024**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/addictionsubstance-use-disorder>
  - <http://www.mhanational.org/conditions/alcohol-use-and-abuse-what-you-should-know>
  - <http://www.mhanational.org/alcohol-substance-abuse-and-depression>
  - <https://mhanational.org/conditions/co-occurring-mental-health-and-substance-abuse>
  - <http://www.mhanational.org/conditions/risky-business-prescription-drug-misuse>
  - <https://www.mhanational.org/asuntos-riesgosos-uso-indebido-de-medicamentos-recetados>
  - <http://www.mhanational.org/conditions/risky-business-marijuana-use>
  - <https://mhanational.org/asuntos-riesgosos-uso-de-la-marihuana>
  - <https://screening.mhanational.org/content/what-addiction>
  - <https://screening.mhanational.org/content/if-i-drink-lot-does-make-me-alcoholic>
  - <https://screening.mhanational.org/content/it-normal-black-out-when-drinking>
  - <https://screening.mhanational.org/content/how-do-i-stay-clean-and-sober-while-im-stuck-home>
  - <https://mhanational.org/events/rise-alcohol-use-during-covid-19-epidemic-plain-sight>
  - <https://mhanational.org/blog/what-weve-learned-alcohol-screenings>
  - <https://screening.mhanational.org/content/why-cant-i-stop-using-drugs-or-alcohol/>
  - <https://screening.mhanational.org/content/im-addicted-to-more-than-one-substance-what-do-i-do/>
  - <https://screening.mhanational.org/content/how-do-i-tell-someone-i-have-a-problem-with-drugs-or-alcohol/>
  - <https://screening.mhanational.org/content/how-can-i-manage-my-emotions-without-drugs-or-alcohol/>
  - <https://screening.mhanational.org/content/is-it-ok-to-drink-with-my-parents-or-family/>
  - <https://screening.mhanational.org/content/i-need-to-use-to-feel-better/>
  - <https://screening.mhanational.org/content/how-can-i-stop-drinking/>
  - <https://screening.mhanational.org/content/how-can-i-identify-triggers-that-make-me-want-to-use/>
  - <https://screening.mhanational.org/content/i-drink-because-im-anxious/>
  - <https://screening.mhanational.org/content/my-partner-doesnt-want-me-to-stop-using-drugs-or-get-better/>
  - <https://screening.mhanational.org/content/it-safe-stop-drinking-myself/>
  - <https://screening.mhanational.org/content/how-can-i-stop-using-drugs/>
  - <https://screening.mhanational.org/content/how-do-i-deal-with-suicidal-thoughts-and-addiction/>
  - <https://screening.mhanational.org/content/im-afraid-no-one-will-help-me-with-my-sobriety/>
  - <https://screening.mhanational.org/content/why-cant-i-stop-drinking-after-three-beers/>
  - <https://screening.mhanational.org/content/if-my-parents-are-alcoholics-am-i-going-be-alcoholic/>
  - <https://screening.mhanational.org/content/am-i-addicted-pills/>
  - <https://screening.mhanational.org/content/ive-started-drinking-or-using-at-work/>
- Call to Action: Take the Substance Use screen at [mhascreening.org](https://mhascreening.org)

## **National LGBT Health Awareness Week: March 20–24**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/lgbtq>
  - <https://www.mhanational.org/issues/lgbtq-communities-and-mental-health>
  - <http://screening.mhanational.org/content/how-do-i-find-lgbtq-friendly-therapy>
  - <https://www.mhanational.org/hiv-aids-and-mental-health>
  - <https://mhanational.org/events/reaching-rainbow-meeting-needs-rural-and-isolated-lgbtq-friends-and-neighbors>
  - <https://www.mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>
  - <https://mhanational.org/issues/lgbtq-communities-and-mental-health>
  - <https://mhanational.org/events/depression-looks-like-me>
  - <https://mhanational.org/lgbtq-external-resources>
  - <https://www.mhanational.org/lgbtq-mental-health-insights-mha-screening>
  - <https://mhanational.org/sites/default/files/lgbtq/Pride-2023/DLLM-Infographic.pdf>

## World Bipolar Day: March 30

- Content
  - <https://mhanational.org/conditions/bipolar-disorder>
  - <https://mhanational.org/infographic-life-bipolar>
  - <https://mhanational.org/infografia-convivir-con-el-trastorno-bipolar>
  - <https://www.mhanational.org/blog/7-reasons-why-world-bipolar-day-important>
  - <https://screening.mhanational.org/bipolar>
  - <https://mhanational.org/living-bipolar-mania-during-lockdown>
  - <https://www.mhanational.org/bipolar-disorder-children>
  - <https://mhanational.org/bipolar-disorder-and-black-americans>
  - <https://mhanational.org/trastorno-bipolar-lo-que-usted-necesita-saber>
- Call to Action: Take the Bipolar Disorder screen at [mhascreening.org](https://mhascreening.org)



MHA's May is Mental Health Month toolkit will be launched mid-March.  
Visit [mhanational.org/may](https://mhanational.org/may) to download the toolkit.

## APRIL

### Sexual Assault Awareness and Prevention Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/sexual-assault-and-mental-health>
  - <http://www.mhanational.org/blog/importance-mental-health-during-sexual-assault-awareness-month>
  - <http://www.mhanational.org/conditions/post-traumatic-stress-disorder>
  - <https://www.mhanational.org/blog/iamvanessaguillen-pandemic-sexual-assault-military>
  - <https://www.mhanational.org/blog/using-mind-and-body-recovering-sexual-assault>
  - <https://www.mhanational.org/blog/survivor-sexual-assault-living-ptsd>
- Call to Action: take the PTSD screen at [mhascreening.org](https://mhascreening.org)

### BIPOC Health Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/bipoc-mental-health>
  - <https://mhanational.org/bipoc/mental-health-month-toolkit>
  - <https://mhanational.org/BIPOC-mental-health-month>
  - <https://mhanational.org/bipoc/es/mhm>
  - <https://www.mhanational.org/events/protective-factors-healing-trauma-bipoc-communities>
  - <https://www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color>
  - <https://www.mhanational.org/events/how-covid-19-has-exacerbated-healthcare-disparities-among-bipoc>
  - <https://mhanational.org/events/bipoc-chronic-health-conditions-coping-covid-19>
  - <https://www.mhanational.org/bipoc-communities-and-covid-19>
  - <https://www.mhanational.org/caregiving-bipoc-communities>
  - <https://www.mhanational.org/blog/re-defining-resilience-perspective-toughness-bipoc-communities>
  - <https://mhanational.org/racism-and-mental-health>
  - <https://mhanational.org/racial-trauma>
  - <https://mhanational.org/mental-health-data-2020>
  - <https://mhanational.org/events/samhsa-sponsored-webinar-trauma-informed-practices-schools-understanding-racial-trauma-and>
  - <https://mhanational.org/bipoc/policy/calls-to-action>
  - <https://www.mhanational.org/events/protective-factors-healing-trauma-bipoc-communities>
  - <https://mhanational.org/events/culture-community-impacts-bipoc-mental-health>

- <https://www.mhanational.org/blog/three-things-im-tired-hearing-bipoc-mental-health-month>
- <https://mhanational.org/events/bipoc-led-community-spaces-provide-healing-support>

### **National Arab American Heritage Month**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/issues/overview-mental-health-issues-arabmiddle-easternmuslimsouth-asian-communities>
  - <https://www.mhanational.org/bipoc>

### **Alcohol Awareness Month & Alcohol Screening Day: April 11**

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/conditions/alcohol-use-and-abuse-what-you-should-know>
  - <http://www.mhanational.org/alcohol-substance-abuse-and-depression>
  - <https://screening.mhanational.org/content/how-do-i-stay-clean-and-sober-while-im-stuck-home>
  - <https://www.mhanational.org/blog/what-weve-learned-alcohol-screenings>
  - <https://www.mhanational.org/events/rise-alcohol-use-during-covid-19-epidemic-plain-sight>
  - <https://screening.mhanational.org/content/if-i-drink-lot-does-make-me-alcoholic>
  - <https://screening.mhanational.org/content/it-normal-black-out-when-drinking>
  - <https://mhanational.org/blog/what-weve-learned-alcohol-screenings>
  - <https://screening.mhanational.org/content/why-cant-i-stop-using-drugs-or-alcohol/>
  - <https://screening.mhanational.org/content/im-addicted-to-more-than-one-substance-what-do-i-do/>
  - <https://screening.mhanational.org/content/how-do-i-tell-someone-i-have-a-problem-with-drugs-or-alcohol/>
  - <https://screening.mhanational.org/content/how-can-i-manage-my-emotions-without-drugs-or-alcohol/>
  - <https://screening.mhanational.org/content/is-it-ok-to-drink-with-my-parents-or-family/>
  - <https://screening.mhanational.org/content/how-can-i-stop-drinking/>
  - <https://screening.mhanational.org/content/i-drink-because-im-anxious/>
  - <https://screening.mhanational.org/content/it-safe-stop-drinking-myself/>
  - <https://screening.mhanational.org/content/im-afraid-no-one-will-help-me-with-my-sobriety/>
  - <https://screening.mhanational.org/content/why-cant-i-stop-drinking-after-three-beers/>
  - <https://screening.mhanational.org/content/if-my-parents-are-alcoholics-am-i-going-be-alcoholic/>
  - <https://screening.mhanational.org/content/ive-started-drinking-or-using-at-work/>
- Call to Action: Take the Substance Use screen at [mhascreening.org](https://mhascreening.org)

### **GLSEN Day of Silence: April 12**

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/lgbt-mental-health>
  - <http://screening.mhanational.org/content/how-do-i-find-lgbtq-friendly-therapy>
  - <https://mhanational.org/issues/lgbtq-communities-and-mental-health>
  - <https://mhanational.org/blog/reading-rainbow-mental-health>
  - <https://mhanational.org/bullying-lgbt-youth>
  - <https://www.mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>
  - <https://www.mhanational.org/blog/lgbtq-peers-deserve-feel-pride-too>
  - <https://www.mhanational.org/lgbtq>
  - <https://mhanational.org/lgbtq/resources-youth>
  - <https://mhanational.org/lgbtq/resources-educators>
  - <https://www.mhanational.org/events/supporting-lgbtq-youth-our-communities>
  - <https://mhanational.org/lgbtq-external-resources>
  - <https://mhanational.org/events/engaging-youth-safe-online-spaces-webinar>

### **Casting of the Mental Health Bell Anniversary: April 13<sup>th</sup>**

- <https://mhanational.org/mental-health-bell>

### **Volunteer Week: April 21-27**

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/help-others>
  - <http://www.mhanational.org/meaningful-work-and-recovery>
  - <http://www.mhanational.org/taking-good-care-yourself>
  - <https://www.mhanational.org/how-can-we-engage-our-employees-volunteerism>
  - <https://mhanational.org/blog/10-ways-volunteer-your-time-mental-health>

# MAY

## May is Mental Health Month!!!

- Use the content from MHA's toolkit and online at [www.mhanational.org/may](http://www.mhanational.org/may)

## Women's Health Month

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/conditions/depression-women>
  - <https://www.mhanational.org/blog/road-wellness-african-american-females-journey>
  - <http://www.mhanational.org/issues/prevention-and-early-intervention-mental-health-prenatal-period-early-childhood>
  - <https://mhanational.org/conditions/pregnancy-and-postpartum-disorders>
  - <https://www.mhanational.org/events/chronic-menstrual-pain-and-mental-health>
  - <https://mhanational.org/blog/9-women-thriving-mental-health-conditions>
  - <https://mhanational.org/maternal-mental-health>

## Asian American and Pacific Islander Heritage Month

- Content from MHA to promote or pull from:
  - <https://www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health>
  - <https://mhanational.org/blog/asian-american-mental-health-and-model-minority-myth>
  - <https://mhanational.org/blog/what-do-when-your-south-asian-parents-dont-understand-your-mental-health>
  - <https://mhanational.org/blog/how-peer-support-can-support-asian-american-communities>
  - <https://mhanational.org/blog/aapis-we-need-therapists-who-look-us>
  - <https://mhanational.org/blog/guilty-party-coping-toxic-guilt-south-asian-american>
  - <https://mhanational.org/blog/4-ways-reverse-silent-mental-health-crisis-south-asian-communities>

## Tardive Dyskinesia Awareness Week: May 6-12

- Content from MHA to promote or pull from:
  - <https://mhanational.org/tardive-dyskinesia-recovery>
  - <https://www.mhanational.org/conditions/tardive-dyskinesia>
  - <https://www.mhanational.org/blog/i-finally-got-my-bipolar-disorder-under-control-and-then-started-experiencing-uncontrollable>
  - <https://www.mhanational.org/infographic-5-steps-taking-tardive-dyskinesia>
  - <https://www.mhanational.org/infographic-tardive-dyskinesia-serious-side-effect>
  - <https://screening.mhanational.org/content/what-tardive-dyskinesia/>
  - <https://screening.mhanational.org/content/how-do-you-treat-tardive-dyskinesia/>
  - <https://screening.mhanational.org/content/what-are-side-effects-antipsychotic-meds/>

## Maternal Mental Health Awareness Week: May 1-7

- Content from MHA to promote or pull from:
  - <https://www.mhanational.org/maternal-mental-health>
  - <http://www.mhanational.org/issues/prevention-and-early-intervention-mental-health-prenatal-period-early-childhood>
  - <https://mhanational.org/conditions/pregnancy-and-postpartum-disorders>
  - <https://mhanational.org/maternal-depression-making-difference-through-community-action-planning-guide>
  - <https://www.mhanational.org/events/chronic-menstrual-pain-and-mental-health>



- <https://mhanational.org/blog/maternal-mental-health-during-coronavirus-pandemic>
- <https://screening.mhanational.org/content/what-postpartum-depression-ppd>
- <https://screening.mhanational.org/content/locator-tool-new-postpartum-depression-treatment>
- <https://mhanational.org/events/new-report-catalyzing-mental-health-support-moms-through-specialized-peer-support-training>
- <https://mhanational.org/blog/ten-twenty-percent-new-moms-experience-postpartum-depression-why-should-employers-care>
- <https://mhanational.org/caregiving-and-sandwich-generation>
- <https://mhanational.org/mental-health-and-single-parent>
- <https://mhanational.org/events/all-moms-mental-health-matters-optimizing-perinatal-health>
- <https://mhanational.org/parenting-mental-health-condition>

- Call to Action: Take the Postpartum Depression Test at [mhascreening.org](https://mhascreening.org)

#### **National Day of Prayer: May 4**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/blog/faith-and-healing>
  - <https://www.mhanational.org/take-care-your-spirit>
  - <https://mhanational.org/bipoc-mental-health/culturally-based-practices>
  - <https://mhanational.org/blog/black-christians-journey-mental-wellness>

#### **National Children's Mental Health Awareness Day: May 7**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/youth-tech>
  - <https://mhanational.org/previous-years-back-school-toolkit-materials>
  - <https://mhanational.org/know-signs-recognizing-mental-health-concerns-kids-and-teens>
  - <https://mhanational.org/identificar-las-senales-reconociendo-los-problemas-de-salud-mental-en-ninos-y-adolescentes>
  - <https://mhanational.org/blog/how-talk-your-anxious-child-or-teen-about-coronavirus>
  - <https://mhanational.org/childrens-mental-health>
  - <https://mhanational.org/healthy-mental-and-emotional-development>
  - <https://mhanational.org/recognizing-mental-health-problems-children>
  - <https://mhanational.org/take-closer-look-childrens-mental-health>
  - <https://mhanational.org/what-every-child-needs-good-mental-health>
  - <https://mhanational.org/infographic-youth-mental-health-emotions-matter>
  - <https://mhanational.org/tips-teachers-ways-help-students-who-struggle-emotions-or-behavior>
  - <https://www.mhanational.org/issues/prevention-and-early-intervention-mental-health-early-childhood-puberty>
  - <https://mhanational.org/conditions/conduct-disorder>
  - <https://mhanational.org/child-and-adolescent-suicide>
  - <https://mhanational.org/eating-disorders-and-youth>
  - <https://mhanational.org/co-occurring-disorder-and-youth>
  - <https://mhanational.org/self-injury-and-youth>
  - <https://www.mhanational.org/bipolar-disorder-children>
  - <https://mhanational.org/psychosis-schizophrenia-children-and-youth>
  - <https://mhanational.org/infographic-back-school-youth-mental-health-101>
  - <https://mhanational.org/events/childs-worries-about-bullying>
  - <https://mhanational.org/events/where-do-i-fit>
  - <https://mhanational.org/events/follow-me-and-my-beautiful-selfies-social-media-use-and-adolescent-mental-health>
  - <https://mhanational.org/events/reducing-risk-youth-suicide-discussion-education-prevention-and-early-intervention>
  - <https://mhanational.org/blog/youth-mental-health-stigma>
  - <https://mhanational.org/blog/americans-must-act-now-fix-youth-mental-health-crisis>
  - <https://mhanational.org/events/utilizing-warmlines-webinar>
  - <https://mhanational.org/blog/5-ideas-building-youth-centered-mental-health-programs>



- <https://mhanational.org/events/youth-mental-health-imperative-expanding-early-access-mental-health-support-our-young-people>
- <https://mhanational.org/events/safe-spaces-how-digital-environments-can-serve-youth>
- <https://mhanational.org/youth-tech/social-media-youth-comparison>
- <https://mhanational.org/blog/distorted-mirror-what-caregivers-need-know-about-tech-and-youth-body-image>

- Call to Action: Take the Youth Test or Parent Test at [mhascreening.org](https://mhascreening.org)

### International Day of Women's Health: May 28

- Content from MHA to promote or pull from:
  - <https://mhanational.org/blog/9-women-thriving-mental-health-conditions>
  - <https://www.mhanational.org/blog/road-wellness-african-american-females-journey>
  - <http://www.mhanational.org/issues/prevention-and-early-intervention-mental-health-prenatal-period-early-childhood>

## JUNE

### PTSD Awareness Month

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/conditions/post-traumatic-stress-disorder>
  - <https://mhanational.org/understanding-trauma-and-ptsd>
  - <https://mhanational.org/back-school-understanding-trauma>
  - <http://www.mhanational.org/conditions/coping-disaster>
  - <https://mhanational.org/racism-and-mental-health>
  - <https://screening.mhanational.org/content/what-trauma>
  - <https://screening.mhanational.org/content/what-are-symptoms-ptsd>
  - <https://screening.mhanational.org/content/how-do-you-treat-ptsd>
  - <http://screening.mhanational.org/content/what-can-i-do-recover-ptsd-my-own>
  - <http://screening.mhanational.org/content/how-do-i-get-service-animal>
  - <http://screening.mhanational.org/content/how-can-i-help-loved-one-ptsd>
  - <https://screening.mhanational.org/content/i-have-trauma-racism>
  - <https://mhanational.org/blog/survivor-sexual-assault-living-ptsd>
  - <https://mhanational.org/how-trauma-impacts-school-performance>
  - <https://mhanational.org/supporting-students-facing-trauma>
  - <https://mhanational.org/adapting-after-trauma-and-stress>
  - <https://mhanational.org/adaptacion-despues-del-trauma-y-el-estres>
  - <https://mhanational.org/racial-trauma>

- Call to Action: Take the PTSD screen at [mhascreening.org](https://mhascreening.org)

### Men's Health Month

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/infographic-mental-health-men>
  - <https://mentalhealthamerica.podbean.com/e/is-anxiety-different-for-men-featuring-kevin-rushton/>
  - <https://www.mhanational.org/blog/3-less-known-reasons-why-men-dont-talk-about-mental-health>
  - <https://mhanational.org/issues/infographic-mens-mental-health-5-minute-guide>
  - <https://mhanational.org/events/it-takes-one-know-one-understanding-anxiety-depression-anger-men>
  - <https://mhanational.org/cps-blog-mens-health-month-men-and-peer-support>
  - <https://mentalhealthamerica.podbean.com/e/depression-in-fathers/>
  - <https://www.mhanational.org/mental-health-and-new-father>

- Call to Action: Take a screen at [mhascreening.org](https://mhascreening.org)

## Pride Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/lgbtq>
  - <https://www.mhanational.org/lgbtq/pride>
  - <http://www.mhanational.org/lgbt-mental-health>
  - <http://screening.mhanational.org/content/how-do-i-find-lgbtq-friendly-therapy>
  - <https://mhanational.org/blog/reading-rainbow-mental-health>
  - <https://mhanational.org/bullying-lgbt-youth>
  - <https://www.mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>
  - <https://mhanational.org/lgbtq/intersecting-identities>
  - <https://mhanational.org/lgbtq/coming-out-guides>
  - <https://mhanational.org/events/lgbtq-mental-health-trauma-coming-out>
  - <https://www.mhanational.org/hiv-aids-and-mental-health>
  - <https://mhanational.org/lgbtq/combating-imposter-syndrome>
  - <https://mhanational.org/lgbtq/telling-your-straight-spouse>
  - <https://mhanational.org/lgbtq/asexual-community-mental-health>
  - <https://mhanational.org/lgbtq/bisexual-mental-health>
  - <https://mhanational.org/sites/default/files/2022-08/BIPOC-Inclusive-Therapist-Questions.pdf>
  - <https://mhanational.org/events/gender-identity-support-exploration-transition>
  - <https://mhanational.org/events/bending-binary-contemporary-concepts-gender-mental-health-services>
  - <https://www.mhanational.org/events/supporting-lgbtq-youth-our-communities>
  - <https://mhanational.org/events/living-authentically-me-coming-out-lgbtq>
  - <https://mhanational.org/lgbtq/resources-youth>
  - <https://www.mhanational.org/blog/lgbtq-pride-whats-changed-gen-x-millennials>
  - <https://mhanational.org/lgbtq/finding-affirming-mental-health-care>
  - <https://mhanational.org/lgbtq/trans/exploring-affirming-gender>
  - <https://mhanational.org/events/pride-myself>

## National Immigrant Heritage Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/blog/be-child-immigrant>
  - <https://mhanational.org/blog/why-silence-weighs-heavily-mental-health-marginalized-communities>
  - <https://mhanational.org/blog/empowering-yourself-and-your-community-color>
  - <https://mhanational.org/events/beyond-numbers-talking-your-loved-ones-about-mental-health>
  - [https://screening.mhanational.org/content/i-have-trauma-racism/?layout=actions\\_a](https://screening.mhanational.org/content/i-have-trauma-racism/?layout=actions_a)



MHA will provide a social media toolkit in preparation for Bebe Moore Campbell National Minority Mental Health Month/BIPOC Mental Health Month in July. Visit [mhanational.org/july](https://mhanational.org/july) to download this resource.

# JULY

**Bebe Moore Campbell National Minority Mental Health Month / BIPOC Mental Health Month** [www.mhanational.org/july](https://www.mhanational.org/july)

- Content from MHA to promote or pull from:
  - <https://mhanational.org/bipoc-mental-health>
  - <https://www.mhanational.org/infographic-bipoc-and-lgbtq-mental-health>
  - <https://www.mhanational.org/mental-health-data-2020> (How Race Matters)
  - <http://www.mhanational.org/blog/minority-mental-health-not-a-character-flaw>
  - <https://www.mhanational.org/blog/re-defining-resilience-perspective-toughness-bipoc-communities>
  - <https://mhanational.org/racial-trauma>
  - <https://mhanational.org/racism-and-mental-health>

- <https://screening.mhanational.org/content/how-find-anti-racist-therapist>
- <https://www.mhanational.org/events/protective-factors-healing-trauma-bipoc-communities>
- <https://www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color>
- <https://www.mhanational.org/blog/racism-deniers-make-it-harder-do-incredible-exhausting-work>
- <https://www.mhanational.org/blog/guarding-your-joy-keeping-your-mental-wellness-high-your-agenda>
- <https://www.mhanational.org/events/how-covid-19-has-exacerbated-healthcare-disparities-among-bipoc>
- <https://www.mhanational.org/blog/improve-mental-health-we-need-take-social-and-racial-injustice>
- <https://www.mhanational.org/blog/be-child-immigrant>
- <https://www.mhanational.org/blog/why-silence-weighs-heavily-mental-health-marginalized-communities>
- <https://www.mhanational.org/when-we-normalize-racism-and-bigotry-we-do-violence-our-mental-health>
- <https://mhanational.org/caregiving-bipoc-communities>
- <https://mhanational.org/blog/mental-health-impacts-and-support-international-students-covid-19>
- <https://screening.mhanational.org/content/i-have-trauma-racism>
- <https://mhanational.org/lgbtq/intersecting-identities>
- <https://mhanational.org/events/samhsa-sponsored-webinar-trauma-informed-practices-schools-understanding-racial-trauma-and>
- <https://mhanational.org/bipoc-mental-health/community-care>
- <https://mhanational.org/bipoc-mental-health/culturally-based-practices>
- <https://www.mhanational.org/events/protective-factors-healing-trauma-bipoc-communities>
- <https://mhanational.org/events/culture-community-impacts-bipoc-mental-health>
- <https://www.mhanational.org/blog/three-things-im-tired-hearing-bipoc-mental-health-month>
- <https://mhanational.org/events/bipoc-led-community-spaces-provide-healing-support>
- Black & African Americans
  - <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>
  - <https://www.mhanational.org/black-pioneers-mental-health>
  - <https://www.mhanational.org/bipolar-disorder-and-black-americans>
  - <http://www.mhanational.org/conditions/what-bipolar-disorder-guide-hope-and-recovery-african-americans>
  - <https://www.mhanational.org/depression-black-americans>
  - <https://www.mhanational.org/blog/black-christians-journey-mental-wellness>
  - <https://www.mhanational.org/blog/mike-venys-story-his-way>
  - <https://mhanational.org/blog/confronting-barriers-and-systemic-racism-address-mental-health-among-black-youth>
  - <https://mhanational.org/blog/reimagining-self-care-black-folks>
  - <https://mhanational.org/events/i-am-because-we-are-reclaiming-african-culture-source-strength-black-communities>
  - <https://mhanational.org/events/ubuntu-exploring-black-community-inherited-system-peer-support>
- Latino & Hispanic
  - <http://www.mhanational.org/issues/latinohispanic-communities-and-mental-health> (there is a list of additional pages of mental health information in Spanish on this page)
  - <https://www.mhanational.org/events/herramientas-para-la-mejorar-la-resiliencia-y-apoyar-la-comunidad-latinx-seminario-virtual>
- Indigenous
  - <https://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health>
  - <https://www.mhanational.org/events/reclaiming-our-power-indigenous-wellness-today>
- Asian & Pacific Islander
  - <http://www.mhanational.org/issues/asian-americanpacific-islander-communities-and-mental-health>
  - <https://www.mhanational.org/blog/asian-american-mental-health-and-model-minority-myth>
  - <https://mhanational.org/blog/how-peer-support-can-support-asian-american-communities>
  - <https://mhanational.org/blog/aapis-we-need-therapists-who-look-us>
- Arab, Middle Eastern, Muslim, South Asian Communities

- <https://mhanational.org/issues/overview-mental-health-issues-arabmiddle-easternmuslimsouth-asian-communities>
  - <https://www.mhanational.org/blog/what-do-when-your-south-asian-parents-dont-understand-your-mental-health>
- Multiracial Communities
  - <https://mhanational.org/issues/overview-mental-health-issues-multiracial-communities>
  - <https://www.mhanational.org/blog/why-imposter-syndrome-goes-deep-multiracial-people>
- Call to Action: Take a screen at mhascreening.org OR for anxiety or depression screens in Spanish visit [www.mhanational.org/pruebas-de-salud-mental-en-espanol](http://www.mhanational.org/pruebas-de-salud-mental-en-espanol)

## AUGUST

### Back to School

- Content from MHA to promote or pull from:
  - <https://mhanational.org/youth-tech>
  - <https://mhanational.org/youth>
  - <https://mhanational.org/previous-years-back-school-toolkit-materials>
  - <https://www.mhanational.org/blog/going-back-school-doesnt-have-be-hard>
  - <https://mhanational.org/bullying-what-do-if-im-bullied>
  - <https://www.mhanational.org/blog/managing-anxiety-classroom>
  - <https://mhanational.org/recognizing-mental-health-problems-children>
  - <https://mhanational.org/know-signs-recognizing-mental-health-concerns-kids-and-teens>
  - <https://mhanational.org/identificar-las-senales-reconociendo-los-problemas-de-salud-mental-en-ninos-y-adolescentes>
  - <https://mhanational.org/tips-teachers-ways-help-students-who-struggle-emotions-or-behavior>
  - <https://mhanational.org/conditions/conduct-disorder>
  - <https://mhanational.org/conditions/adhd-and-add>
  - <https://www.mhanational.org/talking-kids-about-school-safety>
  - <https://www.mhanational.org/bullying-tips-parents>
  - <https://mhanational.org/your-child-lonely-parents>
  - <https://screening.mhanational.org/content/how-do-i-get-special-ed-services-my-child>
  - <https://mhanational.org/teachers-protecting-your-mental-health>
  - <https://screening.mhanational.org/mental-health-screening-in-schools/>
  - <https://screening.mhanational.org/mental-health-screening-in-schools/#mental-health-lesson-plans>
  - <https://mhanational.org/blog/theres-no-such-thing-bad-kid>
  - <https://mhanational.org/events/back-school-building-social-emotional-learning-opportunities>
  - <https://mhanational.org/events/childs-worries-about-bullying>
  - <https://mhanational.org/events/where-do-i-fit>
  - <https://mhanational.org/events/follow-me-and-my-beautiful-selfies-social-media-use-and-adolescent-mental-health>
  - <https://mhanational.org/events/reducing-risk-youth-suicide-discussion-education-prevention-and-early-intervention>
  - <https://mhanational.org/back-to-school/social-belonging-confidence>
  - <https://mhanational.org/back-to-school/fitting-in>
  - <https://mhanational.org/back-to-school/home-life-is-hard-adults>
  - <https://mhanational.org/back-to-school/home-life-is-hard-youth>
  - <https://mhanational.org/back-to-school/social-media-and-youth-mental-health>
  - <https://mhanational.org/back-to-school/social-media>
  - <https://mhanational.org/youth-tech/online-behavior>
  - <https://mhanational.org/youth-tech/protecting-child-online>
  - <https://mhanational.org/youth-tech/social-media-youth-comparison>
  - <https://mhanational.org/youth-tech/tips-to-avoid-social-comparison>
  - <https://mhanational.org/youth-tech/why-compare-myself-online>

- <https://mhanational.org/youth-tech/find-healthy-online-communities>
- <https://mhanational.org/youth-tech/dos-of-social-media>
- <https://mhanational.org/blog/10-tips-for-classroom-social-emotional-learning>
- <https://mhanational.org/safety-school-physical-and-emotional>

- Call to Action: Take the Youth Test or Parent Test at [mhascreening.org](https://mhascreening.org)

### College mental health awareness promotion

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/life-campus> (there is a list of additional pages of mental health information geared to college students on this page)
  - <http://www.mhanational.org/beyond-awareness-student-led-innovation-campus-mental-health>
  - <http://screening.mhanational.org/self-harm>
  - <https://mhanational.org/blog/mental-health-impacts-and-support-international-students-covid-19>
  - <https://mhanational.org/mha-report-finds-students-face-major-barriers-accessing-disability-accommodations-college-campuses>
  - <https://mhanational.org/blog/new-mha-report-mental-health-disabilities-college>
  - <https://mhanational.org/events/inaccessible-accessibility-addressing-mental-health-disabilities-higher-education>
  - <https://mhanational.org/events/supporting-young-adults-serious-mental-health-conditions-post-secondary-education>
  - <https://mhanational.org/events/transitioning-adulthood-supporting-mental-health-young-adults>
- Call to Action: Take a screen at [mhascreening.org](https://mhascreening.org)



MHA's Back to School toolkit will be launched mid-August. Visit [mhanational.org/back-school](https://mhanational.org/back-school) to download the toolkit.

## SEPTEMBER

Promote youth mental health content from MHA's Back to School Toolkit: <https://mhanational.org/back-school>

### Recovery Month

- MHA is partners with SAMHSA on development of this campaign. Visit [www.recoverymonth.gov](https://www.recoverymonth.gov) to access the toolkit and other promotional materials.
- Content from MHA to promote or pull from:
  - <https://www.mhanational.org/recovery>
    - <https://mhanational.org/recovery/physical>
    - <https://mhanational.org/recovery/treatment-medication>
    - <https://mhanational.org/recovery/support>
    - <https://mhanational.org/recovery/lifestyle>
    - <https://mhanational.org/recovery/paying>
    - <https://mhanational.org/recovery/resources>
  - <http://www.mhanational.org/recovery-support>
  - <http://www.mhanational.org/conditions/infographic-life-recovery>
  - <https://mhanational.org/infografia-convivir-con-la-recuperacion>
  - <http://www.mhanational.org/b4stage4-get-help>
  - <http://www.mhanational.org/tools-recovery>
  - <http://www.mhanational.org/recovery-journey>
  - <http://www.mhanational.org/recovery-assistance-programs>

- <https://mhanational.org/setting-goals-recovery>
- <https://screening.mhanational.org/content/condition-forever-will-i-always-feel-way>
- <https://screening.mhanational.org/content/how-do-i-stay-clean-and-sober-while-im-stuck-home>
- <https://mhanational.org/how-navigate-alcohol-addiction-recovery-over-holidays>
- <https://mhanational.org/blog/why-i-believe-full-recovery-eating-disorder-possible>
- <https://mhanational.org/events/recovery-is-lonely>
- Calls to Action:
  - Help is available, and people recover. Find your local MHA affiliate at <http://www.mhanational.org/find-affiliate> to get started.

## **National Suicide Prevention Month**

### **Suicide Prevention Week: September 8–14**

### **World Suicide Prevention Day: September 10**

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/suicide>
  - <https://mhanational.org/suicide-prevention>
  - <https://mhanational.org/child-and-adolescent-suicide>
  - <http://www.mhanational.org/preventing-suicide-older-adults>
  - <http://www.mhanational.org/conditions/back-school-preventing-suicide>
  - <http://www.mhanational.org/conditions/depression-teens>
  - <https://www.mhanational.org/blog/what-you-need-know-about-suicidal-behavior-right-now>
  - <https://www.mhanational.org/blog/know-signs-help-prevent-loved-ones-suicide>
  - <http://www.mhanational.org/young-people-and-suicide-safeguarding-your-students-against-suicide>
  - <https://www.mhanational.org/blog/youth-suicide-jumped-56-percent-ten-years-i-was-almost-one-them>
  - <http://screening.mhanational.org/content/im-afraid-im-going-kill-myself-0>
  - <https://screening.mhanational.org/content/i-think-about-death-all-time>
  - <http://screening.mhanational.org/content/someone-i-care-about-killed-themselves>
  - <http://screening.mhanational.org/content/i-want-die>
  - <https://screening.mhanational.org/content/someone-i-care-about-harming-themselves>
  - <https://mhanational.org/what-will-happen-if-i-go-er-emergency-mental-health-treatment-during-covid>
  - <https://mhanational.org/research-reports/suicide-and-covid-19-communities-need-across-us>
  - <https://mhanational.org/events/under-reporting-suicide-attempts-gender-non-conforming-individuals>
  - <https://screening.mhanational.org/suicide/>
  - <https://screening.mhanational.org/content/what-happens-if-i-call-suicide-prevention-lifeline/>
  - <https://screening.mhanational.org/content/think-ahead-mental-health-crisis-plan/>
  - <https://screening.mhanational.org/content/do-i-need-go-hospital/>
  - <https://mhanational.org/events/my-child-is-suicidal-part-two>
  - <https://mhanational.org/events/reducing-risk-youth-suicide-discussion-education-prevention-and-early-intervention>
- Call to Action: If you or someone you know is in crisis, call 988 or text “MHA” to 741741, 24 hours a day/7 days a week, to connect with a trained crisis counselor

## **Hispanic Heritage Month: September 15 – October 15**

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/issues/latinohispanic-communities-and-mental-health> (there is a list of additional pages of mental health information in Spanish on this page)
  - <https://www.mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol>
  - <https://www.mhanational.org/events/herramientas-para-la-mejorar-la-resiliencia-y-apoyar-la-comunidad-latinx-seminario-virtual>
  - <https://mhanational.org/events/supporting-latinx-professionals>
  - See additional resources under Bebe Moore Campbell National Minority Mental Health Month/BIPOC Mental Health Month (July)



# OCTOBER

## Hispanic Heritage Month: September 15 – October 15

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/issues/latinohispanic-communities-and-mental-health> (there is a list of additional pages of mental health information in Spanish on this page)
  - <https://www.mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol>
  - <https://www.mhanational.org/events/herramientas-para-la-mejorar-la-resiliencia-y-apoyar-la-comunidad-latinx-seminario-virtual>
  - <https://mhanational.org/events/supporting-latinx-professionals>

## ADHD Awareness Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/adhd-and-add>
  - <https://screening.mhanational.org/content/stimulant-medications>
  - <https://screening.mhanational.org/content/children-and-adults-attention-deficit-hyperactivity-disorder-chadd-resource-directory>
  - <https://www.mhanational.org/working-home-adhd>
  - <https://mhanational.org/life-adhd>

## Depression Awareness Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/depression>
  - <https://mhanational.org/infographic-life-depression>
  - <https://mhanational.org/infografia-convivir-con-la-depresion>
  - <https://mhanational.org/conditions/seasonal-affective-disorder-sad>
  - <https://mhanational.org/life-seasonal-affective-disorder-sad>
  - <https://www.mhanational.org/back-school-recognizing-depression>
  - <https://www.mhanational.org/depression-teens-0>
  - <https://www.mhanational.org/depression-older-adults>
  - <https://www.mhanational.org/depression-older-adults-more-facts>
  - <https://mhanational.org/depression-black-americans>
  - <https://mhanational.org/depression-women>
  - <https://mhanational.org/maternal-depression-making-difference-through-community-action-planning-guide>
  - <https://www.mhanational.org/depression-workplace>
  - <https://www.mhanational.org/co-occurring-disorders-and-depression>
  - <https://www.mhanational.org/dealing-treatment-resistant-depression-what-do-when-treatment-doesnt-seem-work>
  - <https://mhanational.org/seasonal-depressionsad-and-covid-19-complications>
  - <https://www.mhanational.org/events/how-genetic-testing-can-help-depression-treatment>
  - <https://screening.mhanational.org/content/what-causes-depression>
  - <https://screening.mhanational.org/content/whats-difference-between-depression-and-being-sad>
  - <https://screening.mhanational.org/content/im-afraid-tell-anyone-i-feel-depressed>
  - <https://screening.mhanational.org/content/how-fast-do-depression-meds-work>
  - <https://mhanational.org/blog/how-recognize-and-address-signs-depression-your-aging-parent>
  - <https://mhanational.org/mental-health-america-finds-nearly-23-people-screened-depression-had-severe-or-moderately-severe>
  - <https://mhanational.org/seasonal-depressionsad-and-covid-19-complications>
  - <https://mhanational.org/events/it-takes-one-know-one-understanding-anxiety-depression-anger-men>
  - <https://mhanational.org/blog/ten-twenty-percent-new-moms-experience-postpartum-depression-why-should-employers-care>



- <https://mhanational.org/events/depression-looks-like-me>
- <https://mhanational.org/events/navigating-depression-early-diagnosis-and-overcoming-barriers>

- Call to Action: take a Depression Screen at [mhascreening.org](https://mhascreening.org)

### **Breast Cancer Awareness Month**

- Content from MHA to promote or pull from:
  - <http://www.mhanational.org/conditions/co-occurring-disorders-and-depression>
  - <https://mhanational.org/conditions/co-occurring-mental-health-and-chronic-illness>
  - <https://mhanational.org/cancer-and-mental-health>
  - <https://mhanational.org/blog/why-mental-health-screenings-should-be-regular-part-cancer-care>

### **Mental Illness Awareness Week: October 6-12**

- Content from MHA to promote or pull from:
  - Psychosis
    - <http://www.mhanational.org/conditions/psychosis>
    - <http://www.mhanational.org/conditions/infographic-life-psychosis>
    - <https://mhanational.org/infografia-convivir-con-la-psicosis>
    - <https://mhanational.org/conditions/schizoaffective-disorder>
    - <http://www.mhanational.org/conditions/schizophrenia>
    - <https://mhanational.org/conditions/paranoia-and-delusional-disorders>
    - <https://mhanational.org/life-paranoia-and-delusions>
    - <http://www.mhanational.org/conditions/psychosis-schizophrenia-children-and-youth>
    - <http://www.mhanational.org/conditions/back-school-recognizing-psychosis>
    - <http://screening.mhanational.org/psychosis>
    - <https://mhanational.org/loneliness-making-my-mental-health-struggles-harder>
    - <https://mhanational.org/blog/my-psychosis-worsens-my-imposter-syndrome>
    - <https://mhanational.org/blog/peer-organization-spotlight-listen-students-psychosis>
    - <https://mhanational.org/events/listen-students-psychosis>
  - Depression
    - <http://www.mhanational.org/conditions/depression> (there is a list of additional pages of depression info on this page)
    - <http://www.mhanational.org/conditions/infographic-life-depression>
    - <https://mhanational.org/infografia-convivir-con-la-depresion>
    - <http://www.mhanational.org/conditions/back-school-recognizing-depression>
    - <http://screening.mhanational.org/depression>
    - <https://mhanational.org/seasonal-depressionsad-and-covid-19-complications>
    - <https://mhanational.org/life-seasonal-affective-disorder-sad>
    - <https://www.mhanational.org/events/how-genetic-testing-can-help-depression-treatment>
    - <https://mhanational.org/blog/how-recognize-and-address-signs-depression-your-aging-parent>
    - <https://mhanational.org/events/it-takes-one-know-one-understanding-anxiety-depression-anger-men>
  - Bipolar
    - <http://www.mhanational.org/conditions/bipolar-disorder> (there is a list of additional pages of bipolar info on this page)
    - <http://www.mhanational.org/conditions/infographic-life-bipolar>
    - <https://mhanational.org/infografia-convivir-con-el-trastorno-bipolar>
    - <http://screening.mhanational.org/bipolar>
    - <https://mhanational.org/living-bipolar-mania-during-lockdown>
    - <https://mhanational.org/conditions/mood-disorders>
  - Anxiety
    - <http://www.mhanational.org/conditions/anxiety-disorders> (there is a list of additional pages of anxiety-related info on this page)
    - <http://www.mhanational.org/conditions/infographic-life-anxiety>
    - <https://mhanational.org/infografia-convivir-con-la-ansiedad>
    - <http://www.mhanational.org/conditions/back-school-recognizing-anxiety>

- <http://screening.mhanational.org/anxiety>
- <https://www.podbean.com/ew/pb-y7ehk-e8dffe> (podcast – Is Anxiety Different for Men?)
- <https://mhanational.org/conditions/social-anxiety-disorder>
- <https://mhanational.org/introversion-vs-social-anxiety>
- <https://mhanational.org/events/it-takes-one-know-one-understanding-anxiety-depression-anger-men>
- ADHD
  - <https://mhanational.org/conditions/adhd-and-add>
  - <https://mhanational.org/life-adhd>
  - <https://screening.mhanational.org/content/stimulant-medications>
  - <https://screening.mhanational.org/content/children-and-adults-attention-deficit-hyperactivity-disorder-chadd-resource-directory>
  - <https://www.mhanational.org/working-home-adhd>
- Obsessive Compulsive Disorder
  - <https://mhanational.org/conditions/obsessive-compulsive-disorder-ocd>
  - <https://mhanational.org/life-obsessive-compulsive-disorder-ocd>
  - <https://mhanational.org/conditions/trichotillomania-hair-pulling>
  - <https://mhanational.org/conditions/excoriation-disorder-skin-picking-or-dermatillomania>
  - <https://screening.mhanational.org/content/types-intrusive-thoughts>
  - <https://www.mhanational.org/blog/8-things-you-should-know-about-body-dysmorphic-disorder-bdd>
  - <https://www.mhanational.org/events/ocd-children-impact-covid-19>
  - <https://mhanational.org/conditions/body-dysmorphic-disorder-bdd>
  - <https://mhanational.org/body-dysmorphic-disorder-bdd-and-youth>
- Borderline Personality Disorder
  - <https://mhanational.org/conditions/borderline-personality-disorder>
  - <https://mhanational.org/conditions/personality-disorder>
  - <https://mhanational.org/life-borderline-personality-disorder-bpd>
- Dissociation & Dissociative Disorders
  - <https://mhanational.org/conditions/dissociation-and-dissociative-disorders>
  - <https://mhanational.org/life-dissociative-disorders>
  - <https://mhanational.org/life-doesnt-feel-real-anymore-dissociation-time-covid-19>
- Seasonal Affective Disorder
  - <https://mhanational.org/conditions/seasonal-affective-disorder-sad>
  - <https://mhanational.org/seasonal-depressionsad-and-covid-19-complications>
  - <https://mhanational.org/life-seasonal-affective-disorder-sad>
- Not Otherwise Specified (NOS)
  - <https://mhanational.org/conditions/not-otherwise-specified-other-specified-disorder-or-unspecified-disorder>
- Navigating Life with a Mental Health Condition
  - <https://mhanational.org/mental-illness-awareness-week#friendships>
  - <https://mhanational.org/mental-illness-awareness-week#faith>
  - <https://mhanational.org/mental-illness-awareness-week#family>
  - <https://mhanational.org/mental-illness-awareness-week#care>
  - <https://mhanational.org/mental-illness-awareness-week#workplace>
  - <https://mhanational.org/mental-illness-awareness-week#identity>
  - <https://mhanational.org/mental-illness-awareness-week#dating>
- Calls to Action:
  - If you think you may be experiencing signs of a mental illness, visit [mhascreening.org](https://mhascreening.org) to screen for common conditions.

### **National Depression Screening Day: October 7**

- Content from MHA to promote or pull from:
  - (See depression links above)
  - <https://www.mhanational.org/national-depression-screening-day>

- <https://mhanational.org/events/navigating-depression-early-diagnosis-and-overcoming-barriers>
- Call to Action: Take the Depression screen at mhascreening.org

### **World Mental Health Day: October 10**

- Look on MHA's social channels for content to share/retweet on World Mental Health Day, or promote content from your own websites or programs
- Call to Action: Check in on your mental health at mhascreening.org

### **OCD Awareness Week: October 13–19**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/obsessive-compulsive-disorder-ocd>
  - <https://mhanational.org/life-obsessive-compulsive-disorder-ocd>
  - <https://mhanational.org/conditions/trichotillomania-hair-pulling>
  - <https://mhanational.org/conditions/excoriation-disorder-skin-picking-or-dermatillomania>
  - <https://screening.mhanational.org/content/types-intrusive-thoughts>
  - <https://www.mhanational.org/blog/8-things-you-should-know-about-body-dysmorphic-disorder-bdd>
  - <https://www.mhanational.org/events/ocd-children-impact-covid-19>
  - <https://mhanational.org/conditions/body-dysmorphic-disorder-bdd>
  - <https://mhanational.org/body-dysmorphic-disorder-bdd-and-youth>

### **National Coming Out Day: October 11**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/lgbtq>
  - <http://www.mhanational.org/lgbt-mental-health>
  - <https://mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>
  - <https://mhanational.org/blog/reading-rainbow-mental-health>
  - <https://www.mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>
  - <https://mhanational.org/lgbtq/coming-out-guides>
  - <https://mhanational.org/events/lgbtq-mental-health-trauma-coming-out>
  - <https://mhanational.org/bullying-lgbt-youth>
  - <https://mhanational.org/blog/lgbtq-peers-deserve-feel-pride-too>
  - <https://mhanational.org/blog/how-2020-showed-me-meaning-justice-pride-and-connection>
  - <https://mhanational.org/lgbtq/combating-imposter-syndrome>
  - <https://mhanational.org/lgbtq/telling-your-straight-spouse>
  - <https://mhanational.org/events/gender-identity-support-exploration-transition>
  - <https://www.mhanational.org/events/supporting-lgbtq-youth-our-communities>
  - <https://mhanational.org/events/living-authentically-me-coming-out-lgbtq>
  - <https://mhanational.org/lgbtq/resources-youth>
  - <https://www.mhanational.org/blog/lgbtq-pride-whats-changed-gen-x-millennials>
  - <https://mhanational.org/lgbtq/finding-affirming-mental-health-care>
  - <https://mhanational.org/lgbtq/trans/exploring-affirming-gender>
  - <https://mhanational.org/events/pride-myself>

### **Global Peer Support Celebration Day: October 19**

- Content from MHA to promote or pull from:
  - <https://www.mhanational.org/center-peer-support>
  - <https://www.mhanational.org/peer-services>
  - <https://mhanational.org/peer-support-research-and-reports>
  - <https://www.mhanational.org/how-become-peer-support-specialist>
  - <https://mhanational.org/what-peer>

## National Family Caregivers Month

- MHA is partners with Caregiver Action Network and will likely collaborate on activities to possibly include cross-promotion of materials on social media and/or a blog post.
- The following caregiver-related materials and more can be accessed from MHA's Caregiver Hub:
  - <https://mhanational.org/mental-health-resources-caregivers>
  - <https://mhanational.org/caregivers/caregivers-guide>
  - <https://mhanational.org/national-family-caregivers-month>
  - <https://www.mhanational.org/caregiving-bipoc-communities>
  - <https://mhanational.org/setting-goals-recovery>
  - <https://mhanational.org/hipaa-what-are-caregivers-rights>
  - <https://mhanational.org/new-treatment-options>
  - <https://mhanational.org/talking-treatment-providers>
  - <https://mhanational.org/treatment-supports>
  - <https://mhanational.org/family-friends>
  - <https://mhanational.org/sites/default/files/Crisis%20Planning%20Worksheet.pdf>
  - <http://www.mhanational.org/conditions/infographic-family-caregivers-month>
  - <http://www.mhanational.org/conditions/caregiving-person-mental-illness>
  - <http://www.mhanational.org/conditions/caregiver-basics-what-you-need-know>
  - <http://www.mhanational.org/conditions/being-effective-caregiver>
  - <http://www.mhanational.org/conditions/fostering-self-determination-caregiver>
  - <http://www.mhanational.org/conditions/caregiver-and-community-inclusion>
  - <https://mhanational.org/taking-care-aging-parent>
  - <https://mhanational.org/research-reports/strain-caregiving-how-caregiver-involvement-reduces-distress-and-conflict>
  - <https://mhanational.org/family-caregiver-mental-health-and-covid-19>
  - <http://screening.mhanational.org/content/how-can-i-help-loved-one-ptsd>
  - <http://screening.mhanational.org/content/how-can-i-help-loved-one-bipolar>
  - <http://screening.mhanational.org/content/how-can-i-help-loved-one-anxiety>
  - <https://screening.mhanational.org/content/what-do-when-they-dont-want-help>
  - <https://screening.mhanational.org/content/taking-care-someone-too-stressful>
  - <https://screening.mhanational.org/content/i-need-break-caregiving>
  - <https://screening.mhanational.org/content/how-can-i-take-care-someone-if-i-also-have-mental-illness>
  - <https://screening.mhanational.org/content/how-can-i-access-loved-ones-health-care-info>
  - <https://screening.mhanational.org/content/how-can-i-find-support-caregiver>
  - <https://mhanational.org/national-family-caregiver-month-2021-toolkit-download>
  - <https://mhanational.org/covid19/caregiving-parenting>
  - <https://mhanational.org/events/who-cares-caregiver>
  - <https://mhanational.org/events/childs-worries-about-bullying>
  - <https://mhanational.org/caregivers/caregivers-guide>
  - <https://mhanational.org/blog/distorted-mirror-what-caregivers-need-know-about-tech-and-youth-body-image>
  - <https://www.mhanational.org/being-effective-caregiver>
  - <https://mhanational.org/events/holding-others-caregiving-chronic-illness-and-self-care>
- Call to Action: Check in on your own mental health by taking a screen at [mhascreening.org](https://mhascreening.org)

## Diabetes Month

- Content from MHA to promote or pull from:
  - <https://mhanational.org/diabetes-and-mental-health>
  - <https://mhanational.org/co-occurring-disorders-and-depression>
  - <https://mhanational.org/conditions/co-occurring-mental-health-and-chronic-illness>

## Native American Heritage Month

- Content from MHA to promote or pull from:
  - <https://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health>

- <https://www.mhanational.org/events/reclaiming-our-power-indigenous-wellness-today>
- <https://mhanational.org/racial-trauma>
- <https://www.mhanational.org/events/harnessing-our-strengths-exploring-mental-health-native-american-communities>

### **Transgender Awareness Week: November 13–19**

### **Transgender Day of Remembrance: November 20**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/transgender-resource-center>
  - <http://www.mhanational.org/lgbtq>
  - <http://www.mhanational.org/lgbt-mental-health>
  - <https://mhanational.org/lgbtq/finding-affirming-mental-health-care>
  - <https://mhanational.org/blog/reading-rainbow-mental-health>
  - <https://mhanational.org/bullying-lgbt-youth>
  - <https://mhanational.org/events/under-reporting-suicide-attempts-gender-non-conforming-individuals>
  - <https://mhanational.org/bereavement-and-grief>
  - <https://www.mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>
  - <https://mhanational.org/blog/reading-rainbow-mental-health>
  - <https://mhanational.org/events/lgbtq-mental-health-trauma-coming-out>
  - <https://mhanational.org/events/gender-identity-support-exploration-transition>
  - <https://mhanational.org/events/bending-binary-contemporary-concepts-gender-mental-health-services>
  - <https://www.mhanational.org/events/supporting-lgbtq-youth-our-communities>
  - <https://mhanational.org/lgbtq/trans/exploring-affirming-gender>
  - <https://www.mhanational.org/blog/how-young-trans-leaders-practice-rest-and-resilience-amid-legislative-uncertainty>

### **International Survivors of Suicide Loss Day: November 23**

- Content from MHA to promote or pull from:
  - <https://www.mhanational.org/bereavement-and-grief>
  - <http://www.mhanational.org/conditions/helping-children-cope-loss>
  - <http://screening.mhanational.org/content/someone-i-care-about-killed-themselves>
  - <https://screening.mhanational.org/content/survivors-suicide-support-groups/>

## DECEMBER

### **International Day of Persons with Disabilities: December 3<sup>rd</sup>**

- Content from MHA to promote or pull from:
  - <https://mhanational.org/conditions/learning-disabilities>
  - <https://mhanational.org/events/serving-underserved-population-peer-support-disability-and-mental-health>
  - [https://screening.mhanational.org/content/what-mental-health-accommodations-can-i-ask-work/?layout=actions\\_a](https://screening.mhanational.org/content/what-mental-health-accommodations-can-i-ask-work/?layout=actions_a)
  - <https://mhanational.org/blog/higher-education-must-listen-to-students-with-mental-health-disabilities>

Social media content will focus on gratitude, self-reflection, opportunities for self-improvement in the new year, and coping during the holiday season.

- Content from MHA to promote or pull from:
  - <https://mhanational.org/events/cultivating-gratitude-support-wellbeing>
  - <http://www.mhanational.org/stay-positive>
  - <http://www.mhanational.org/self-help-tools>
  - <https://mhanational.org/holidays>
  - <https://www.mhanational.org/winter-break-survival-tips-college-students>
  - <https://mhanational.org/how-navigate-alcohol-addiction-recovery-over-holidays>
  - <https://www.mhanational.org/blog/looking-support-during-holidays-check-out-these-free-resources>

- <http://www.mhanational.org/blog/5-things-do-when-holidays-arent-exactly-uplifting>
  - <http://www.mhanational.org/blog/3-unique-and-1-classic-gifts-loved-one-living-mental-illness>
  - <https://mhanational.org/mourning-holiday-traditions>
  - <https://mhanational.org/holiday-and-surge-stress-tips-healthcare-workers>
  - <https://mhanational.org/preparing-holidays-during-covid-19>
  - <https://mhanational.org/building-your-coping-toolbox>
  - <https://mhanational.org/connect-others>
  - <https://mhanational.org/taking-good-care-yourself#connections>
  - <https://mhanational.org/4mind4body-social-connections-and-recreation>
  - <https://mhanational.org/para-la-mente-para-el-cuerpo-conexiones-sociales-y-recreacion>
  - <https://mhanational.org/blog/communities-are-taking-journey-mental-wellbeing>
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