

# Mental Health Awareness Calendar

January	February	March	April	May	June
1	1	1 Zero Discrimination Day	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7 <a href="#">World Health Day</a>	7	7
8	8 <a href="#">Safer Internet Day</a>	8 <a href="#">International Women's Day</a>	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10 <a href="#">Infant MH Awareness Week</a>
11	11	11	11	11	11
12	12	12	12	12 <a href="#">International Nurses Day</a>	12
13	13	13	13	13	13 <a href="#">Men's Health Week</a>
14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17	17	17	17	17 <a href="#">National Volunteer Week</a>	17
18	18	18	18	18	18
19	19	19 <a href="#">Int Day against Bullying</a>	19	19	19
20	20 <a href="#">World Day of Social Justice</a>	20 <a href="#">Int Day of Happiness</a>	20	20	20
21	21	21	21	21	21
22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24 <a href="#">World Schizophrenia Awareness Day</a>	24
25	25	25	25	25	25
26	26	26	26	26 National Sorry Day	26 <a href="#">Int Day against Drug Abuse</a>
27	27	27	27	27 <a href="#">Reconciliation Week</a>	27
28	28	28	28	28	28
29	29	29	29	29	29
30		30 <a href="#">World Bipolar Day</a>	30	30	30
31		31		31	

# Mental Health Awareness Calendar

July	August	September	October	November	December
1	1	1 <a href="#">Mulleets for Mental Health</a>		1 <a href="#">Movember</a>	1
2	2	2	2 <a href="#">Int. Day of Non-Violence</a>	2	2
3 <a href="#">NAIDOC Week</a>	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6 <a href="#">Women's Health Week</a>	6	6	6
7	7	7	7	7 <a href="#">Perinatal Awareness Week</a>	7
8	8	8	8	8	8
9	9	9 <a href="#">R U OK? Day</a>	9 <a href="#">World Mental Health Week</a>	9	9
10	10	10 <a href="#">World Suicide Prevention Day</a>	10 <a href="#">World Mental Health Day</a>	10	10 <a href="#">Human Rights Day</a>
11	11	11	11	11	11
12	12 <a href="#">International Youth Day</a>	12	12	12	12
13	13	13	13	13	13
14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17 <a href="#">Birth Trauma Awareness Week</a>	17	17	17	17	17
18	18	18	18	18	18
19	19	19	19	19 <a href="#">International Men's Day</a>	19
20	20	20	20	20	20
21	21	21	21	21	21
22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27 <a href="#">Wear It Purple Day</a>	27	27	27	27
28	28	28	28	28	28
29	29	29	29	29	29
30 <a href="#">International Day of Friendship</a>	30	30	30	30	30
31	31		31		31