

2024 NATIONAL MENTAL HEALTH OBSERVANCES

Mental Health America developed the following calendar to help employees navigate national and major international mental health observances for 2024. Consider choosing one observance every one to two months to acknowledge on social media, in an e-newsletter, or an internal email. Most observances include at least one related resource 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 LGBTQ+ 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 |
| | 26 - 3/3 | National Eating Disorders Awareness Week | Eating Disorders Information & Resources |
| | 11 - 17 | Brain Awareness Week | |
| MAR | 18 - 24 | National Drug and Alcohol Facts Week | Addiction/Substance Use Information & Resources |
| | 20 - 24 | LGBTQ Health Awareness Week | LGBTQ+ Communities and Mental Health |
| | 10 - 16 | National Sleep Awareness Week | Get Enough Sleep |
| | 15 | 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 |
| 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 | |
| 14 - 20 | 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 |
| | All Month | Maternal Mental Health Awareness Month | 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 10 - 16 | 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 |
| | 21 | International Day of Yoga | Yoga |
| | All Month | BIPOC Health Month | BIPOC Mental Health Toolkit |
| JUL | 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 8 - 14 10 | National Suicide Prevention Month National Suicide Prevention Week World Suicide Prevention Day | Suicide Information & Resources Suicide Prevention |
| | All Month | National Recovery Month | Recovery Support |
| | All Month | Hispanic Heritage Month (9/15-10/15) | Latinx/Hispanic Communities and Mental Health |
| | All Month | ADHD Awareness Month | ADHD Information & Resources ADHD Screening |
| OCT | All Month | Depression Awareness Month | Depression Information & Resources |
| | 5 | National Depression Screening Day | Depression Screening |
| | 6 - 12 | Mental Illness Awareness Week | Mental Illness Awareness Week |
| | 13 - 19 | OCD Awareness Week | OCD Information & Resources |
| | 10 | World Mental Health Day | |
| | 11 | National Coming Out Day | |
| | 17 | Global Peer Support Day | |
| NOV | All Month | National Family Caregivers Month | National Family Caregivers Month Resources |
| | 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 |
| | 23 | International Survivors of Suicide Loss Day | Bereavement and Grief |
| DEC | All Month | Holiday Season | Hope for the Holidays |
| | 3 | International Day of Persons with Disabilities | Seasonal Affective Disorder (SAD) Information & Resources |