Awareness Calendar 2023

mhf MENTAL HEALTH FOUNDATION

February
Caribbean Mental Health History Month

14 Valentines Day

March
Self Harm Awareness Month

8 International Women's Day
30 World Bipolar Day

April
Stress Awareness Month + Alcohol Awareness Month

2 World Autism Awareness Day
23 World Infant, Child and Adolescent Mental Health Day
26 Denim Day

May
Women's Mental Health Awareness Month

5 World Maternal Health Day
12 International Nurses Day
24 World Schizophrenia Awareness Day
27 World Psychology Day

January
Mental Wellness Month + Work Place Mental Health Month

28 National Fun @ Work Day

June
Men's Mental Health Awareness Month

12–18 Men's Health Week
26 International Day Against Drug Abuse and Trafficking
27 PTSD Awareness Day

December
National Stress Free Family Holiday Month

September
World Suicide Prevention Month

10 World Suicide Prevention Day
18–22 Children Mental Health Awareness Week

November
Parent Mental Health Month

11 Sint Maarten Day
16 National Parental Involvement Day

October
National Depression and Mental Health Screening Month

2–8 Mental Illness Awareness Week
9–13 Screen Free Week
10 World Mental Health Day

prioritize your **mind.**

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