

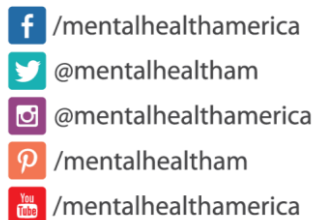


AWARENESS CALENDAR

2023

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. This is not a comprehensive list of all the health observances that occur during the year, and we encourage you to highlight those that we have yet to include if they fit with your work or community partnerships.

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



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://screening.mhanational.org/sites/default/files/pdfs/MHM%202020%20Worksheet%20-%20Planning%20Your%20Routine.pdf>
 - <https://mhanational.org/eliminating-toxic-influences>

- <https://mhanational.org/eliminar-las-influencias-toxicas>
- <https://screening.mhanational.org/sites/default/files/pdfs/MHM%202020%20Worksheet%20-%20Detoxing%20Your%20Life.pdf>
- <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/>
- Call to Action: Check in on your mental health by taking a screen at 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

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>

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>

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 20-26

- Content from MHA to promote or pull from:
 - <http://www.mhanational.org/conditions/eating-disorders>
 - <http://www.mhanational.org/conditions/eating-disorders-and-youth>

- <http://www.mhanational.org/blog/are-you-risk-eating-disorder>
- <http://www.mhanational.org/conditions/7-important-facts-about-eating-disorders>
- <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>
- Call to Action: Take the Eating Disorders screen at mhascreening.org

MARCH

Self-Injury Awareness Day: March 1st

- 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/someone-i-care-about-harming-themselves/>
 - <https://screening.mhanational.org/screening-tools/self-injury-survey/?ref>

National Sleep Awareness Week: March 12-18 & World Sleep Day: March 17

- 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/sleep-and-student-college-concerns>
 - <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>

Brain Awareness Week: March 13-19

- 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://mhanational.org/los-intestinos-y-el-cerebro>
 - <https://screening.mhanational.org/content/my-brain-freaking-out>
 - <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 20-26

- 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/co-occurring-disorder-and-youth>
- <http://www.mhanational.org/conditions/co-occurring-disorders>
- <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>
- Call to Action: Take the Substance Use screen at 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>

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



MHA's May is Mental Health Month toolkit will be launched mid-March. Visit 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

BIPOC Health Month

- Content from MHA to promote or pull from:
 - <https://mhanational.org/bipoc-mental-health>
 - <https://mhanational.org/BIPOC-mental-health-month> (2022 toolkit - Beyond the Numbers)
 - <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> (How Race Matters)
 - <https://mhanational.org/events/samhsa-sponsored-webinar-trauma-informed-practices-schools-understanding-racial-trauma-and>
 - <https://mhanational.org/bipoc/policy/calls-to-action>

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>

Alcohol Awareness Month & Alcohol Screening Day: April 6

- 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>
 - <http://www.mhanational.org/conditions/co-occurring-disorder-and-youth>
 - <http://www.mhanational.org/conditions/co-occurring-disorders>
 - <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>
- Call to Action: Take the Substance Use screen at mhascreening.org

GLSEN Day of Silence: April 14

- 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>

Casting of the Mental Health Bell Anniversary: April 13th

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

Volunteer Week: April 16-22

- 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

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>

Tardive Dyskinesia Awareness Week: May 7-13

- 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-have-tardive-dyskinesia-i-am-one-lucky-ones>
 - <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

National Children's Mental Health Awareness Day: May 11

- Content from MHA to promote or pull from:
 - <https://mhanational.org/back-school>

- <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>
- Call to Action: Take the Youth Test or Parent Test at 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/apoyando-los-estudiantes-que-se-enfrentan-al-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

Men's Health Month

- Content from MHA to promote or pull from:

- <https://mhanational.org/mens-health-month>
 - <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/blog/4-ways-uplift-men-employee-mental-health-programs>
 - <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

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>

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

Multiracial Heritage Week: 7-14th

- Content from MHA to promote or pull from:
 - <https://mhanational.org/issues/overview-mental-health-issues-multiracial-communities>
 - <https://mhanational.org/blog/why-imposter-syndrome-goes-deep-multiracial-people>



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 to download this resource.

JULY

Bebe Moore Campbell National Minority Mental Health Month / BIPOC Mental Health Month 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-notacharacterflaw>
- <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>
 - 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

AUGUST

Back to School

- Content from MHA to promote or pull from:
 - <https://www.mhanational.org/back-school>
 - <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/chilids-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>
- Call to Action: Take the Youth Test or Parent Test at 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



MHA's Back to School toolkit will be launched mid-August. Visit 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 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.
 - Share your story of recovery at <http://www.mhanational.org/share-your-story>.

National Suicide Prevention Month

Suicide Prevention Week: September 10-16

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 1-800-273-8255 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>
 - See additional resources under Bebe Moore Campbell National Minority Mental Health Month/BIPOC Mental Health Month (July)



MHA will provide social media materials for Mental Illness Awareness Week in mid-September in preparation for the first week in October. Visit mhanational.org/mental-illness-awareness-week to access these resources.

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>

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

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 1-7

- 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:
 - Learn what mental illness feels like at <http://www.mhanational.org/feelslike>
 - Share your experience dealing with mental illness by tagging your social media posts with #mentalillnessfeelslike
 - If you think you may be experiencing signs of a mental illness, visit mhascreening.org to screen for common conditions.

National Day of Prayer for Mental Illness:

- Content from MHA to promote or pull from:
 - <https://mhanational.org/blog/faith-and-healing>

- https://screening.mhanational.org/content/taking-care-of-yourself-spiritually/?layout=actions_a
- <https://mhanational.org/bipoc-mental-health/culturally-based-practices>

National Depression Screening Day: October 5

- 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 8-14

- 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>

Global Peer Support Celebration Day: October 19

- Content from MHA to promote or pull from:
 - <https://iamnotalone.mhanational.org/>
 - <https://mhanational.org/center-peer-support>
 - <https://mhanational.org/what-peer>
 - <https://mhanational.org/peer-workforce>
 - <https://mhanational.org/blog/3-facts-you-should-know-about-mhas-peer-partners-program>



MHA will provide materials for National Family Caregivers Month (November) in October. Visit mhanational.org/national-family-caregivers-month for these resources.

NOVEMBER

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.
- Content from MHA to promote or pull from:
 - 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/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>
- Call to Action: Check in on your own mental health by taking a screen at 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>

Transgender Awareness Week: November 13-19

Transgender Day of Remembrance: November 20

- Content from MHA to promote or pull from:
 - <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>

International Survivors of Suicide Loss Day: November 18 (Saturday before Thanksgiving)

- 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 3rd

- 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

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>
 - <https://iamnotalone.mhanational.org/>

General COVID Content

- The following COVID-related materials and more can be accessed from MHA's COVID-19 Relief Hub: <https://mhanational.org/covid19>
- Content from MHA to promote or pull from:
 - <https://mhanational.org/covid19>

- <https://mhanational.org/covid19/general-info>
- <https://mhanational.org/covid19/wellness-coping-skills>
- <https://mhanational.org/covid19/bipoclgbtq>
- <https://mhanational.org/covid19/existing-concerns>
- <https://mhanational.org/covid19/caregiving-parenting>
- <https://mhanational.org/covid19/frontline-workers>
- <https://mhanational.org/2020backtoschooltoolkit>
 - <https://mhanational.org/dealing-potential-exposure-stress-physically-reopening-schools>
 - <https://mhanational.org/como-manejar-la-exposicion-potencial-el-estres-de-reabrir-fisicamente-las-escuelas>
 - <https://mhanational.org/teachers-and-parents-working-together-make-distance-learning-work>
 - <https://mhanational.org/maestros-y-padres-trabajando-juntos-para-que-el-aprendizaje-distancia-funcione>
 - <https://mhanational.org/teachers-protecting-your-mental-health>
 - <https://mhanational.org/how-cope-stress-homeschooling-parents>
 - <https://mhanational.org/como-lidiar-con-el-estres-de-la-educacion-en-casa-para-padres>
 - <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/how-maintain-your-social-relationships-during-online-school-kids-and-teens>
 - <https://mhanational.org/como-mantener-tus-relaciones-sociales-durante-las-clases-en-linea-para-ninos-y-adolescentes>
 - <https://mhanational.org/missing-how-things-used-be>
 - <https://mhanational.org/echando-de-menos-como-solian-ser-las-cosas>
 - <https://mhanational.org/what-can-i-do-when-im-afraid>
 - <https://mhanational.org/que-puedo-hacer-cuando-tengo-miedo>
- <https://mhanational.org/2020/annual-conference/agenda> (COVID-19, Mental Health, and the Need for Equity)
- <https://mhanational.org/finding-positive-after-loss>
- <https://www.mhanational.org/creating-healthy-routines>
- <https://mhanational.org/creando-rutinas-saludables>
- <https://mhanational.org/blog/how-talk-your-anxious-child-or-teen-about-coronavirus>
- <https://mhanational.org/blog/maternal-mental-health-during-coronavirus-pandemic>
- <https://mhanational.org/blog/parenting-during-coronavirus>
- <https://mhanational.org/blog/your-feelings-about-coronavirus-are-valid>
- <https://screening.mhanational.org/content/i-feel-anxious-about-coronavirus>
- <https://screening.mhanational.org/content/i-feel-i-cant-breathe>
- <https://screening.mhanational.org/content/how-does-online-therapy-work>
- <https://screening.mhanational.org/content/im-feeling-lonely>
- <https://screening.mhanational.org/content/im-afraid-get-sick>
- <https://screening.mhanational.org/content/how-do-i-stay-clean-and-sober-while-im-stuck-home>
- <https://screening.mhanational.org/content/how-can-i-manage-my-mental-health-while-working-home>
- <https://mhanational.org/research-reports/covid-mental-health-crisis-americas-most-vulnerable-communities>