

Mental Health Awareness Events

The events below can be used to help emphasize the importance of mental health education. Links are provided where you can find templates, resources, and toolkits.

[NAMI's Mental Illness Awareness Week](#) First full week in October running Sunday to Saturday
During #MIAW, join NAMI in shining a light on mental illness and replacing stigma with hope.

[Suicide Prevention Month](#) ^{Object}September September

Helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

[Bebe Moore Campbell National Minority Mental Health Month](#) July

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma, and lower quality care.

[Children's Mental Health Awareness Week](#) First full week in May, Sunday to Saturday

The National Federation of Families' yearly event geared toward raising awareness to the issues and causes integral to the children's mental health field in each of the communities across the country.

[Mental Health Awareness Month](#) May

During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

[National Bullying Prevention Month](#) October

Led by PACER's National Bullying Prevention Center, it unites communities around the world to educate and raise awareness of bullying prevention. There is increased risk for mental health issues for those who are victims of bullying ([Centers for Disease Control, 2015](#)).

[National Eating Disorders Awareness Week](#) End of February

Puts the spotlight on the seriousness of eating disorders and to improve public understanding of their causes, triggers and treatments. Visit website for more details <http://nedawareness.org/>

[Additional mental health awareness event dates](#)