

## January

- [National Human Trafficking Prevention Month | Washington State Department of Children, Youth, and Families](#)
- [National Blood Donor Month](#)
- [National Mentoring Month](#)
- [National Mental Wellness Month](#)
- [Dry January](#)
- Observed focus days:
  - [National Human Trafficking Awareness Day](#): Jan. 11

## February

- [International Boost Self-Esteem Month](#)
- [National Cancer Prevention Month -- American Cancer Society](#)
- [Random Acts of Kindness Week](#): February 12-18, 2023
- Observed focus days:
  - [Random Act of Kindness Day](#): Feb. 17
  - [Time to Talk Day](#): Feb. 2, 2023

## March

- [Self-Harm Awareness Month](#)
- [National Nutrition Month](#)
- [Brain injury awareness month - Brain Injury Association of America](#)
- [National Sleep Awareness Week -- National Sleep Foundation](#)
- [National Drug and Alcohol Facts Week](#): March 20-26, 2023
- Observed focus days:
  - [Self-Injury Awareness Day](#) & [Zero Discrimination Day](#): March 1
  - [World Teen Mental Wellness Day](#): March 2
  - [World Bipolar Day](#): March 30

## April

- [Counseling Awareness Month](#)
- [National Month of Hope](#)
- [National Minority Mental Health Month](#)
- [Alcohol Awareness Month](#)
- [Stress Awareness Month](#)
- [Sexual Assault Awareness Month](#)
- Observed focus days:
  - [National Alcohol Screening Day](#): April 6

- [World Health Day](#): April 7
- [National Day of Silence](#): April 14

## May

- [Mental Health Awareness Month](#)
- [Maternal Mental Health Awareness Week 2022](#)
- [Global Employee Health and Fitness Month](#)
- [National Stroke Awareness Month - National Stroke Association](#)
- [National Skin Cancer Awareness Month -- American Academy of Dermatology](#)
- Observed focus weeks:
  - [North American Occupational Safety and Health Week](#): May 1-5, 2023
  - [Children's Mental Health Awareness Week](#): May 7-13, 2023
  - [National Mental Health Awareness Week](#): May 9-15 (Note: sometimes observed in US, originated in UK)
  - [National Prevention Week](#): May 7-13, 2023
  - [Construction Safety Week](#)
- Observed focus days:
  - [National Anxiety Disorders Screening Day](#) (May 3)
  - [World Maternal Mental Health Day](#): May 4, 2023
  - [National Children's Mental Health Awareness Day](#): May 7, 2023
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## June

- [National PTSD Awareness Month](#)
- [Pride Month](#)
- Observed focus days:
  - [World Blood Donor Day](#): June 14
  - [PTSD Awareness Day](#): June 27

## July

- [National Minority Mental Health Awareness Month](#)
- [Social Wellness Month | National Institutes of Health \(NIH\)](#)
- Observed focus days:
  - [World Day Against Trafficking](#): July 30

## August

- [National Wellness Month](#)
- [National Grief Awareness Day](#)
- Observed focus days:
  - [National Friendship Day](#): First Sunday in August
  - [National Grief Awareness Day](#): Aug. 30

## September

- [National Suicide Prevention Awareness Month](#)
- [National Recovery Month](#)
- [Pain Awareness Month](#)
- Observed focus weeks:
  - [Construction Suicide Prevention Week](#) - Sept. 5-9 2023
  - [National Suicide Prevention Week](#): Sept. 4-10, 2023
- Observed focus days:
  - [World Suicide Prevention Day](#): Sept. 10

## October

- [National Depression Education and Awareness Month](#)
- [National Substance Abuse Prevention Month](#)
- [Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)
- Observed focus weeks:
  - [Construction Inclusion Week](#): Est. Oct. 16-20
  - [Mental Illness Awareness Week](#): Est. Oct. 2-6, 2023
  - [OCD Awareness Week](#) (Second week of October)
  - [National Health Education Week](#) (Third week of October)
- Observed focus weeks:
  - [National Depression Screening Day](#): Oct. 6
  - [World Mental Health Day](#): Oct. 10
  - [Unity Day](#): Oct. 19

## November

- [National Gratitude Month](#)
- [Movember](#)
- [American Diabetes Month | ADA](#)
- [National Family Caregivers Month | ACL Administration for Community Living.](#)
- Observed focus weeks:
  - [Anti-Bullying Awareness Week](#): Nov. 14-18 (often celebrated in US, originated in UK)
- Observed focus days:
  - [National Stress Awareness Day](#): Nov. 2, 2023
  - [World Kindness Day](#): Nov. 13, 2023
  - [International Day for Tolerance](#): Nov. 16
  - [International Survivors of Suicide Loss Day](#): Nov. 21

## December

- [National Stress-Free Holidays Month](#)
- [National Impaired Driving Prevention Month](#)
- [National Human Rights Month • ACCORD](#)
- Observed focus days:
  - [International Day of Persons with Disabilities](#) - Dec. 3
  - [Human Rights Day](#) - Dec. 10
  - [National Call a Friend Day](#): December 28, 2023