

January

Months

- [National Mental Wellness Month](#)
- [National Slavery and Human Trafficking Prevention Month](#)
- [National Blood Donor Month](#)
- [National Mentoring Month](#)
- [Dry January](#)

Days

- [National Human Trafficking Awareness Day](#): Jan. 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 National Human Trafficking Awareness Day	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Months

- [International Boost Self-Esteem Month](#)
- [National Cancer Prevention Month -- American Cancer Society](#)

Weeks

- [Random Acts of Kindness Week](#): February 12-18, 2023

Days

- [Random Act of Kindness Day](#): Feb. 17
- [Time to Talk Day](#): Feb. 2, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Time to Talk Day	3	4
5	6	7	8	9	10	11
12 Random Act of Kindness Week	13 Random Act of Kindness Week	14 Random Act of Kindness Week	15 Random Act of Kindness Week	16 Random Act of Kindness Week	17 Random Act of Kindness Week Random Act of Kindness Day	18 Random Act of Kindness Week
19	20	21	22	23	24	25
26	27	28				

March

Month

- [Self-Harm Awareness Month](#)
- [National Nutrition Month](#)
- [Brain injury awareness month -- Brain Injury Association of America](#)
- [National Sleep Awareness Week -- National Sleep Foundation](#)

Week

- [National Drug and Alcohol Facts Week](#): March 20-26, 2023

Day

- [Self-Injury Awareness Day](#) & [Zero Discrimination Day](#): March 1
- [World Teen Mental Wellness Day](#): March 2
- [World Bipolar Day](#): March 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			1 Self-Injury Awareness Day	2 World Teen Mental Wellness Day	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Nat'l Drug/Alcohol Awareness Week	21 Nat'l Drug/Alcohol Awareness Week	22 Nat'l Drug/Alcohol Awareness Week	23 Nat'l Drug/Alcohol Awareness Week	24 Nat'l Drug/Alcohol Awareness Week	25 Nat'l Drug/Alcohol Awareness Week

26 Nat'l Drug/Alcohol Awareness Week	27	28	29	30	31	
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April

Month

- [Counseling Awareness Month](#)
- [National Month of Hope](#)
- [National Minority Mental Health Month](#)
- [Alcohol Awareness Month](#)
- [Stress Awareness Month](#)
- [Sexual Assault Awareness Month](#)

Day

- [National Alcohol Screening Day](#): April 6
- [World Health Day](#): April 7
- [National Day of Silence](#): April 14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Nat'l Alcohol Screening Day	7 World Health Day	8
9	10	11	12	13	14 Nat'l Day of Silence	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29/30

May

Month

- [Mental Health Awareness Month](#)
- [Global Employee Health and Fitness Month](#)
- [Maternal Mental Health Awareness Week](#)
- [National Stroke Awareness Month -- National Stroke Association](#)
- [National Skin Cancer Awareness Month -- American Academy of Dermatology](#)

Week

- [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 10-16 (Note: sometimes observed in US, originated in UK)
- [National Prevention Week](#): May 7-13, 2023
- [Construction Safety Week](#): May 1 - 5, 2023

Day

- [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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1 North American OSH Week Construction Safety Week	2 Construction Safety Week	3 Anxiety Disorders Screening Day Construction Safety Week	4 World Mental Health Day Construction Safety Week	5 Construction Safety Week	6
7 Children's Mental Health Awareness Week Nat'l Children's Mental Health Day Nat'l Prevention Week	8 Nat'l Prevention Week	9 Nat'l Prevention Week	10 Nat'l Mental Health Awareness Week Nat'l Prevention Week	11 Nat'l Mental Health Awareness Week Nat'l Prevention Week	12 Nat'l Mental Health Awareness Week Nat'l Prevention Week	13 Nat'l Mental Health Awareness Week Nat'l Prevention Week
14 Nat'l Mental Health Awareness Week	15 Nat'l Mental Health Awareness Week	16 Nat'l Mental Health Awareness Week	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

Month

- [PTSD Awareness Month](#)
- [LGBTQ Pride Month](#)

Day

- [World Blood Donor Day](#): June 14
- [PTSD Awareness Day](#): June 27
- [International LGBT+ Pride Day – UNESCO Chair on Education for Social Justice](#): June 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 World Blood Donor Day	15	16	17
18	19	20	21	22	23	24
25	26	27 PTSD Awareness Day	28 International LGBTQ+ Pride Day	29	30	

July

Month

- [National Minority Mental Health Awareness Month](#)
- [Social Wellness Month](#)

Day

- [World Day Against Trafficking](#): July 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30 World Day Against Trafficking	31					

August

Month

- [National Wellness Month](#)
- [National Grief Awareness Day](#)

Day

- [National Friendship Day](#): First Sunday in August
- [National Grief Awareness Day](#): Aug. 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Nat'l Friendship Day	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30 National Grief Awareness Day	31		

September

Month

- [Suicide Prevention Awareness Month](#)
- [National Recovery Month](#)
- [Pain Awareness Month](#)

Week

- [National Suicide Prevention Week](#): Sept. 4-10, 2023
- [Construction Suicide Prevention Week](#): Est. Sept. 4-8, 2023
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Day

- [World Suicide Prevention Day](#): Sept. 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Construction Suicide Prevention Week/Nat'l SP Week	5 Construction Suicide Prevention Week/Nat'l SP Week	6 Construction Suicide Prevention Week/Nat'l SP Week	7 Construction Suicide Prevention Week/Nat'l SP Week	8 Construction Suicide Prevention Week/Nat'l SP Week	9
10 World Suicide Prevention Day	11	12	13	14	15	16

17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

Months

- [National Depression Education and Awareness Month](#)
- [National Substance Abuse Prevention Month](#)
- [Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)

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)

Days

- [National Depression Screening Day](#): Oct. 6
- [World Mental Health Day](#): Oct. 10
- [Unity Day](#): Oct. 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mental Illness Awareness Week	3 Mental Illness Awareness Week	4 Mental Illness Awareness Week	5 Mental Illness Awareness Week	6 Mental Illness Awareness Week Nat'l Depression Screening Day	7

8	9 OCD Awareness Week	10 OCD Awareness Week World Mental Health Day	11 OCD Awareness Week	12 OCD Awareness Week	13 OCD Awareness Week	14
15	16 Construction Inclusion Week Nat'l Health Education Week	17 Construction Inclusion Week Nat'l Health Education Week	18 Construction Inclusion Week Nat'l Health Education Week	19 Construction Inclusion Week Nat'l Health Education Week Unity Day	20 Construction Inclusion Week Nat'l Health Education Week	21
22	23	24	25	26	27	28
29	30	31				

November

Months

- [National Gratitude Month](#)
- [Movember](#)
- [American Diabetes Month | ADA](#)
- [National Family Caregivers Month | ACL Administration for Community Living](#).

Weeks

- [Anti-Bullying Awareness Week](#): Nov. 14-18 (often celebrated in US, originated in UK)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Nat'l Stress Awareness Day	3	4
5	6	7	8	9	10	11
12	13 World Kindness Day	14 Anti-Bullying Awareness Week	15 Anti-Bullying Awareness Week	16 Anti-Bullying Awareness Week International Day of Tolerance	17 Anti-Bullying Awareness Week	18 Anti-Bullying Awareness Week
19	20	21	22	23	24	25

		International Survivors of Suicide Loss Day				
26	27	28	29	30		

December

Months

- [National Stress-Free Holidays Month](#)
- [National Impaired Driving Prevention Month](#)
- [National Universal Human Rights Month](#)

Days

- [International Day of Persons with Disabilities](#) - Dec. 3
- [Human Rights Day](#) - Dec. 10
- [National Call a Friend Day](#): December 28, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	22	23	24
25	26	27	28 National Call A Friend Day	29	30	31