

Wellness Awareness Calendar

January

Teen Driving Awareness Month
National Slavery & Human Trafficking Month
Dry January
Mental Health Day at the Capitol - 1/31

February

Teen Dating Violence Awareness Month
National Time to Talk Day - 2/6
National School Counseling Week - 2nd week
Random Acts of Kindness Day - 2/17
Substance Abuse Prevention Advocacy Day at the Capitol - 2/23

March

Poison Prevention Awareness Month
Self Harm Awareness Month
World Teen Mental Wellness Day - 3/2
National No Smoking Day - 3/8
National Drug and Alcohol Facts Week - 3rd week

April

Alcohol Awareness Month
Distracted Driving Awareness Month
Stress Awareness Month
Take Down Tobacco National Day of Action - 4/1
World Health Day - 4/7

May

Mental Health Awareness Month
National Alcohol and Other Drug-Related Birth Defects Awareness Week - 2nd week
National Prevention Week - 2nd week
World No Tobacco Day - 5/31

June

National Safety Month
National SAFE day - 6/4
Community Health Improvement Week - 2nd week
National PTSD Awareness day - 6/27

July

Make a Difference to Children Month
Global Hug Your Kids day - 7/18
International Self-Care Day - 7/24

August

Traffic Awareness Month
World Lung Cancer Day - 8/1
National Night Out - 1st Tues
International Overdose Awareness Day - 8/31

September

Suicide Prevention Month
Suicide Prevention week - 1st week
World Suicide Prevention Day 9/10
Child Passenger Safety Awareness Week - 3rd week
World Heart Day - 9/29

October

Substance Abuse Prevention Month
Bullying Prevention & Depression Education Month
World Mental Health Day - 10/10
National Stop Bullying Day - 10/12
National Collegiate Alcohol Awareness Week - 3rd week
Red Ribbon Week - 4th week

November

Lung Cancer Awareness Month
National Stress Awareness Day - 11/2
Great American Smokeout - 11/17
International Survivors of Suicide Loss Day - 11/19
National Methamphetamine Awareness Day 11/30

December

National Impaired Driving Prevention Month
National Call a Friend Day - 12/2