

## August 2024

### Awareness Activity Ideas

#### Aug. 9: International Day of the World's Indigenous People

- Post on social media statistics and resources about Indigenous mental health
- Host a month long campaign sharing quotes from Indigenous public figures who talk about their mental health



#### Aug. 12: International Youth Day

- Post on social media statistics and resources about youth mental health
- Host a month long campaign sharing quotes from young public figures who talk about their mental health

#### Aug. 17: National Nonprofit Day

- Highlight your club's connection to NAMI and provide resources

#### Aug. 30: National Grief Awareness Day

- Post on social media statistics and resources about grief and mental health





## September 2024

### Activity Ideas

#### Sep. 1-30: Suicide Prevention Month



- Month-long campaign
- Wear turquoise and purple all month (mix it up every day—a ribbon, shirt, pin, scrunchies, bandanas, etc.)
- Table on campus with resources and information
- Post warning signs and resources on social media and on campus
- Host a NAMI Presentation

#### Sep. 10: World Suicide Prevention Day

- Post warning signs and resources on social media and on campus
- Highlight public figures who talk openly about their experience with suicide ideation

#### Sep. 15- Oct. 15: Hispanic Heritage Month

- Post on social media statistics and resources about Hispanic mental health
- Host a month long campaign sharing quotes from Hispanic public figures who talk about their mental health
- Collaborate with a Latinx/Hispanic organization on campus and host NAMI Compartiendo Esperanza



## October 2024

### Activity Ideas



#### Oct. 1-31: National ADHD Awareness Month

- Post on social media statistics and resources about ADHD
- Host a month long campaign sharing quotes from public figures who talk about their ADHD diagnosis
- Talk about ADHD at club meeting

#### Oct. 1-31: LGBTQ+ History Month



- Post to social media statistics and resources for the LGBTQ+ community
- Collaborate with your schools Queer/Gay Straight Alliance on an event to highlight historic LGBTQ+ figures and their contributions to mental health and the community
- Highlight historic LGBTQ+ figures who talk about their mental health

#### Oct. 1-31: Filipino American History Month



- Post on social media statistics and resources about Filipino American mental health
- Host a month long campaign sharing quotes from Filipino American public figures who talk about their mental health

#### Oct. 10: National Depression Screening Day

- Post on social media statistics and resources about depression screenings for youth and young adults

# October 2024

## Activity Ideas

### Oct. 9: Stop Bullying Day

- Post information about about how to safely intervene when observing bullying on social media or by flyers around campus



### Oct. 10: World Mental Health Day

- Wear lime green all month (mix it up every day- a ribbon, shirt, pin, scrunchies, bandanas, etc.)
- Table on campus with resources and information
- Post mental health facts and resources on social media and on campus

### Oct. 11: National Coming Out Day

- Post encouraging messages on social media



### Oct. 14: US Indigenous People's Day

- Post on social media statistics and resources about Indigenous mental health
- Host a month long campaign sharing quotes from Indigenous public figures who talk about their mental health

### Oct. 16: International Pronouns Day

- Post to social media about the importance of respecting people's pronouns
- Collaborate with your school's Queer/Gay Straight Alliance to create informed flyers and list of resources to share

## October 2024

### Activity Ideas



#### Oct. 17: Sprit Day

- Collaborate with your school's Queer/Gay Straight Alliance to create informed flyers and list of resources to share
- Wear rainbow or any other LGBTQ+ themed colors that you identify with

#### Oct. 31: Halloween

- Talk about respecting others when choosing a Halloween costume
- Mental health conditions are not costumes





## November 2024

### Activity Ideas



#### Nov. 1-30: Caregiver Month

- Post on social media statistics and resources
- Posting affirmations for caregivers

#### Nov. 6: National Stress Awareness Day

- Post on social media statistics and resources
- Host a table on campus providing information and resources
- Host a club activity covering stress-reduction practices

#### Nov. 13-19: Transgender Awareness Week

- Post to social media statistics and resources
- Collaborate with your schools Queer/Gay Straight Alliance on an event to highlight mental health struggles in the Transgender community
- Highlight public figures who are open about their trans identity and talk about their mental health

#### Nov. 20: Transgender Day of Remembrance

- Post to social media statistics and resources

#### Nov. 23: International Day of Survivors of Suicide

- Post to social media statistics and resources



## December 2024



### Activity Ideas

#### Dec. 1-31: Seasonal Depression Awareness Month

- Post on social media statistics and resources about Seasonal Depression
- Host a month long campaign sharing quotes from public figures who talk about their Seasonal Depression
- Talk about Seasonal Depression at club meeting

#### Dec. 1-31: Holiday Season

- Highlight the importance of taking care of oneself during the busy season- self care practices
- Post resources to support peers while they are on winter break

#### Dec. 3: International Day of Disability

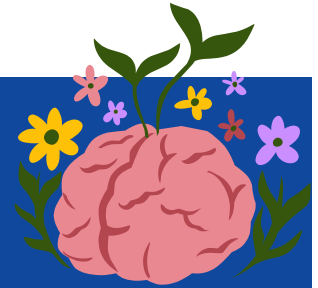
- Collaborate with your school's Disabilities Services
- Post on social media about disability and mental health conditions- not all disabilities are visible
- Highlight public figures who live with a disability and how they live



#### Dec. 3: Giving Tuesday

- Fundraising for your club or NAMI

## January 2025



### Activity Ideas

#### Jan. 1- 31: Mental Wellness Month

- Tabling on campus and providing mental health facts and resources
- Host an educational event on campus (NAMI In Our Own Voice or NAMI Ending the Silence)

#### Jan. 3: International Mind-Body Wellness Day

- Collaborate with someone from your rec center to host a fitness class and provide mental health resources
- Social media post about mind and body wellness

#### Jan. 15: Martin Luther King Jr. Day

- Partner with your local NAMI to volunteer your time
- Host a meeting discussing MLK and connection to mental health
- Social media post about MLK

#### Jan. 27: Holocaust Remembrance Day

- Collaborate with a club to talk about culture and mental health
- Social media post about the holocaust



## February 2025

### Activity Ideas



#### Feb. 1-29: Black History Month

- Collaborate with your school's Black Student Union to host a NAMI Sharing Hope series or event
- Post on social media acknowledging the month and provide mental health statistics. You can find data on NAMI's website

#### Feb. 3: National Women Physicians Day

- Highlight alumni who become physicians
- Bring a women physician to talk about how they got their credentials

#### Feb. 26- Mar. 1: National Eating Disorder Awareness Week

- Post on social media facts, warning signs, statistics, and resources regarding Eating Disorders
- Host a club meeting and bring a guest speaker to talk about Eating Disorders

## March 2025

### Activity Ideas

#### Mar. 1- 31: Self-Harm Awareness Month

- Post to social media warning signs, statistics, and resources
- Table and provide information and resources

#### Mar. 1- 31: Disability Awareness Month

- Collaborate with your campus's Disability Services for an event or tabling to talk about stigma and how to access resources



#### Mar. 1: Self-Injury Awareness Day

- Post to social media warning signs, statistics, and resources

#### Mar. 2: World Teen Mental Wellness Day

- Post to social media statistics and resources
- Table on campus to provide information and resources
- Get everyone to wear lime green for mental health awareness
- High School- Ask for your club to be highlighted in announcements as a resource

#### Mar. 5: Dissociative Identity Disorder Awareness Day

- Post to social media statistics and resources
- Host club meeting to discuss Dissociative Identity Disorder



## March 2025



### Activity Ideas

#### Mar. 8: International Women's Day

- Highlight inspiring women who publicly share about their mental health
- Post to social media about women mental health statistics

#### Mar. 15: World Sleep Day

- Work with school and teachers to decrease assignments on March 14th to encourage more time for sleep
- Alternatively, work with school and teachers to delay the start time for class to encourage a full night of rest

#### Mar. 25-31: National Physicians Week

- Highlight alumni who become physicians
- Bring a physician to a club meeting to talk about how they got their credentials

#### Mar. 30: World Bipolar Day

- Post to social media warning signs, statistics, and resources
- Table and provide information and resources
- Talk about Bipolar Disorders at a club meeting
- Highlight public figure who openly talk about their Bipolar diagnosis

## March 2025

### Activity Ideas

#### Mar. 31: Transgender Day of Visibility

- Post to social media statistics and resources
- Collaborate with your schools Queer/Gay Straight Alliance on an event to highlight mental health struggles in the Transgender community
- Highlight public figures who are open about their trans identity and talk about their mental health



# April 2025



## Activity Ideas

### Apr. 1-30: National Counseling Awareness Month

- Collaborate with your counseling department to share resources all month
- Bring a counselor to your club meeting to talk about their role and resources

### Apr. 1-30: Sexual Assault Awareness Month

- Connect with your campus's Counseling and Psychological Services and highlight available resources on campus on your social media
- Participate in sexual assault awareness events on campus like Denim Day or Take Back the Night and ask to provide your mental health resources



### Apr. 1-30: Arab American Awareness Month

- Post on social media statistics and resources



### Apr. 1-30: Stress Awareness Month

- Post on social media statistics and resources
- Host a month long campaign sharing stress reduction practices



## April 2025

### Activity Ideas



#### **Apr. 1: April Fool's Day**

- Post on social media “fact and fiction” statements to debunk false understanding about mental health conditions and mental health

#### **Apr. 7: World Health Day**

- Post to social media about mental health importance in overall health

#### **Apr. 16: World Semicolon Day**

- Post to social media information, statistics, and resources regarding mental illness, suicide, addiction and self-injury
- Talk about the meaning behind the semi-colon symbol in club meeting and provide additional resources and information



## May 2025

### Activity Ideas

#### May 1-31: Mental Health Awareness Month

- Month-long campaign
  - Collaborate with other clubs on small events
  - Wear lime green all month (mix it up every day- a ribbon, shirt, pin, scrunchies, bandanas, etc.)
  - Table on campus with resources and information
  - Post mental health facts and resources on social media and on campus
- Host a NAMI Presentation



#### May 1-31: National Anxiety Month

- Post on social media statistics and resources about anxiety
- Host a month long campaign sharing stress reduction practices

#### May 1-31: Borderline Personality Disorder Awareness Month

- Post on social media statistics and resources about BPD
- Talk about PBD in a club meeting and provide additional information and resources



#### May 1-31: Asian American and Pacific Islander Awareness Month

- Post on social media AAPI mental health statistics and resources
- Collaborate with AAPI clubs on campus to host events talking about mental health in their community



## May 2025

### Activity Ideas

#### May 2: Childhood Depression Awareness Day

- Post on social media childhood depression mental health statistics and resources

#### May 3: National Anxiety Disorders Screening Day

- Post on social media statistics and resources about anxiety screenings for youth and young adults

#### May 7: Teacher Appreciation Week

- Highlight teachers who talk about mental health and advocate for students
- Provide wellness gifts to teachers (self-care package, appreciation letters from students, a gift card, etc.)



#### May 24: World Schizophrenia Awareness Day

- Post on social media statistics and resources about Schizophrenia for youth and young adults



## June 2025

### Activity Ideas

#### Jun. 1-30: National Post Traumatic Stress Disorder Awareness Month



- Post on social media statistics and resources about PTSD
- Host a month long campaign sharing quotes from public figures who talk about their PTSD diagnosis

#### Jun. 1-30: Pride Month



- Post to social media statistics and resources for the LGBTQ+ community
- Collaborate with your schools Queer/Gay Straight Alliance on an event to highlight mental health struggles in the LGBTQ+ community
- Highlight public figures who are open about their LGBTQ+ identity and talk about their mental health
- Collaborate with local NAMI to table at local Pride events to share resources

#### Jun. 12: National Men's health Week

- Post on social media statistics and resources about men's mental health
- Highlight men who talk openly about their mental health
- Talk about stigma about talking about one's mental health



## June 2025

### Activity Ideas

#### Jun. 27: National PTSD Awareness Day

- Post on social media statistics and resources about PTSD
- Talk about PTSD in club meeting
- Invite a presenter to an event to talk about PTSD



# July 2025

## Activity Ideas



### **Jul. 1- 31: Bebe Moore Campbell National Minority Mental Health Awareness Month**

- Post on social media statistics and resources about BIPOC mental health
- Host a month long campaign sharing quotes from BIPOC public figures who talk about their mental health

### **Jul. 24: National Self-Care Day**

- Post on social media about the importance of self-care and provide different self-care practices

