

2020 USA Observances Related to Mental Health Conditions

January

February National Eating Disorders Awareness Week, 2/24–3/2/20

March Brain Injury Awareness Month (BIAA)
National Drug and Alcohol Facts Week, 3/30–4/5/20

April Stress Awareness Month
Child Abuse Prevention Awareness Month
National Stress Awareness Day, 4/16/20 (day after Tax Day)

May Mental Health Awareness Month
Children’s Mental Health Awareness Week, 5/3–5/9/20
National Children’s Mental Health Awareness Day, 5/7/20
National Prevention Week (SAMHSA), likely 5/10–5/16/20

June National PTSD Awareness Month
National PTSD Awareness Day, 6/27/20

July National Minority Mental Health Awareness Month

August

September National Suicide Prevention Awareness Month
National Recovery Month (SAMHSA)
National Suicide Prevention Week, 9/6–9/12/20
(World Suicide Prevention Day, 9/10/20)

October Depression Awareness Month
National Substance Abuse Prevention Month
Mental Illness Awareness Week, 10/4–10/10/20
National Depression Screening Day, 10/8/20
(World Mental Health Day, 10/10/20)

November National Alzheimer’s Disease Awareness Month

December

Faith Connections on Mental Illness

The mission of Faith Connections on Mental Illness is to work with all local faith communities to advocate for and to support and educate individuals and families who are living with mental illness.



Meeting at St. Thomas More ♦ 940 Carmichael St. ♦ Chapel Hill, NC 27514
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