

MY MIND MATTERS!

A mental health calendar

CALL OR TEXT

988

MENTAL
HEALTH
LIFELINE





JANUARY 2023

MON	TUE	WED	THUR	FRI	SAT	SUN
						¹ NEW YEAR'S DAY!
2	3 International Mind-Body Wellness Day	4	5	6	7	8
9	10	11	12	13	14	15
16 Martin Luther King Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



FEBRUARY 2023

MON TUE WED THUR FRI SAT SUN

		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20 Presidents Day	21	22	23	24	25	26
27	28					



TAKE PRIDE IN YOUR MIND

MARCH 2023

MON		TUE	WED	THUR	FRI	SAT	SUN
		1	2	World Teen Mental Wellness Day	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	St. Patrick's Day	18	19
20	21	22	23	24	25	26	
27	28	29	30	31			



YOU MATTER
in the world.
THANKS FOR BEING YOU!

APRIL 2023

MON TUE WED THUR FRI SAT SUN

					1 April Fool's Day	2
3	4	5	6	7 Good Friday	8	9 Easter
10	11	12	13	14 International Moment of Laughter Day	15	16
17	18	19	20	21	22 Earth Day	23
24	25	26	27	28	29	30



MAY 2023

MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4	5 Cinco de Mayo	6	7
8	9	10	11	12	13	14 Mother's Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Memorial Day	30	31				



JUNE 2023

MON TUE WED THUR FRI SAT SUN

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Father's Day
19 Juneteenth	20	21	22	23	24	25
26	27	28	29	30		

MY
GIFTS ARE
NEEDED



IN THE
WORLD

JULY 2023

MON	TUE	WED	THUR	FRI	SAT	SUN
					1	2
3	4 Independence Day	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
31						



AUGUST 2023

MON TUE WED THUR FRI SAT SUN

	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 National Grief Awareness Day	31			



SEPTEMBER 2023

MON TUE WED THUR FRI SAT SUN						
				1	2	3
4 Labor Day	5	6	7	8	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 2023

MON	TUE	WED	THUR	FRI	SAT	SUN
						1
2	3	4	5 National Depression Screening Day	6	7	8
9 Indigenous Peoples' Day	10 World Mental Health Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					



NOVEMBER 2023

MON TUE WED THUR FRI SAT SUN						
		1	2	3	4	5
6	7	8	9	10	11 Veterans' Day	12
13 World Kindness Day	14	15	16	17	18	19
20	21	22	23 Thanksgiving	24	25	26
27	28	29	30			



DECEMBER 2023

MON TUE WED THUR FRI SAT SUN						
				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 Christmas Day	26	27	28 National Call a Friend Day	29	30	31 New Year's Eve