

# 2026 Mental health observances

Each year we develop materials to increase awareness, reduce stigma and provide members with actionable tips and resources for mental health observances.

	Observance(s)
<b>JANUARY</b>	Mental Wellbeing Month
<b>FEBRUARY</b>	Boost Self-Esteem Month
<b>MARCH</b>	National Drug and Alcohol Facts Week
<b>APRIL</b>	National Stress Awareness Month
<b>MAY</b>	Mental Health Month*
<b>JUNE</b>	Juneteenth
<b>AUGUST</b>	National Back to School Month
<b>SEPTEMBER</b>	Suicide Prevention Awareness Month* World Suicide Prevention Day
<b>OCTOBER</b>	National Depression and Mental Health Screening Month* World Mental Health Day
<b>NOVEMBER</b>	National Family Caregivers Month Stress Awareness Day
<b>DECEMBER</b>	National Stress-Free Family Holidays Month*



*\*Campaigns typically include a flyer, poster, digital sign, virtual background and an activity. We also have a library of materials supporting other special observances.*