

2022 National Behavioral Health Observances & EAP Topical Calendar



JANUARY

Mental Wellness Month
EAP Topic: **Stress & Anxiety**



FEBRUARY

Children's Mental Health Week
Eating Disorders Awareness Week
EAP Topic: **Youth Mental Health**



MARCH

Self-Harm Awareness Month
International Women's Day (Mar. 8)
World Sleep Day (Mar. 18)
EAP Topic: **Self-Care**



APRIL

National Autism Awareness Month
Stress Awareness Month
World Health Day (Apr. 7)
EAP Topic: **Fitness**



MAY

Mental Health Awareness Month
EAP Topic: **Mental Health Awareness**
Mental Health Awareness Month Campaign



JUNE

PTSD Awareness Month
EAP Topic: **Diversity/Inclusion/Equality**
LGBTQ+ Pride Month Campaign



JULY

International Self-Care Day (July 24)
EAP Topic: **BIPOC Mental Health**
Black, Indigenous, Persons of Color (BIPOC) Mental Health Month Campaign



AUGUST

National Health Center Week
EAP Topic: **Moving Forward After Grief and Loss**



SEPTEMBER

World Suicide Prevention Day (Sep. 10)
Recovery Month
EAP Topic: **Suicide Prevention/Recovery**
Recovery Month Campaign



OCTOBER

World Mental Health Day (Oct. 10)
National Depression and Mental Health Screening Month
EAP Topic: **Depression**
World Mental Health Day Campaign



NOVEMBER

National Family Caregivers Month International
Stress Awareness Day (Nov. 2)
International Survivors of Suicide Day (Nov. 19)
EAP Topic: **Gratitude & Kindness**



DECEMBER

National Stress-Free Family Holidays Month
International Day of Persons with disabilities (Dec. 3)
EAP Topic: **Get back to Financial Basics**

***Observances and campaign materials subject to change**

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