2022 National Behavioral Health Observances & EAP Topical Calendar

JANUARY
Mental Wellness Month
EAP Topic: New Year’s Resolutions

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
Stress Awareness Month
World Health Day (Apr. 7)
EAP Topic: Mind & Body

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

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

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

AUGUST
National Health Center Week
National Grief Awareness Day (Aug. 30)
EAP Topic: Moving Forward After Loss or Grief

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
World Kindness Day (Nov. 13)
EAP Topic: Gratitude & Kindness

DECEMBER
National Stress-Free Family Holidays Month
International Day of Persons with disabilities (Dec. 3)
EAP Topic: Stress & Anxiety

*Observances and campaign materials subject to change

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