




SOCIAL MEDIA

SPEAK. LISTEN. CONNECT.

2024 CALENDAR


01 JANUARY

- Mental Health Advocacy
- MLK Jr. Day (15th)




02 FEBRUARY

- Black History Month
- Teen Dating Violence Awareness Month
- National Eating Disorders Awareness Week (23rd-29th)




03 MARCH

- Women's History Month
- Self-Harm Awareness Month
- Self-Injury Awareness Day (1st)



04 APRIL

- Stress Awareness Month
- National Counseling Awareness Month
- National Stress Awareness Day (18th)




05 MAY

- Mental Health Awareness Month
- National Children's Mental Health Awareness Day (7th)
- Asian American & Pacific Islander Heritage Month




06 JUNE

- LGBTQIA Month (PRIDE)
- Juneteenth (19th)
- PTSD Awareness Day (27th)



07 JULY

- BIPOC Mental Health Month




08 AUGUST

- Back-2-School
- International Youth Day (12th)



09 SEPTEMBER

- Hispanic Heritage Month
- Suicide Prevention and Awareness Month
- Suicide Prevention Week (6th-12th)
- Suicide Prevention Day (10th)
- FYF 4th Anniversary (15th)




10 OCTOBER

- Bully Prevention and Awareness Month
- Domestic Violence Awareness Month
- Mental Illness Awareness Week (4th-10th)



11 NOVEMBER

- Indigenous Heritage Month
- Hunger & Homelessness Awareness Week (14th-23rd)
- International Survivors of Suicide Day (21)



12 DECEMBER

- Stress Free Holiday



@FREEYOURFEELSGA



#FREEYOURFEELS
#YOUTHMENTALHEALTHMATTERS
#FREEYOURFEELSFRIIDAY