SOCIAL MEDIA

SPEAK. LISTEN. CONNECT.

2026/2027 CALENDAR

You can share FYF content! Each month we will be focusing our content and sharing resources around these topics. Click the folder icon (🗀) to access **FYF content** for that month! Don't forget to tag us @freeyourfeelsga and use #freeyourfeels

CHECK BACK EACH MONTH FOR SHAREABLE FYF CONTENT!

01 JANUARY

- Mental Health Advocacy
- International Mind-Body Wellness Day (3rd)
- MLK Jr. Day, 2027: (18th)

02 FEBRUARY

- Black History Month
- Teen Dating Violence Awareness Month
- National Eating Disorders Awareness Week (22nd-28th)

03 MARCH

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

04 APRIL

- Stress Awareness Month
- National Counseling Awareness Month

05 MAY

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

06 JUNE

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

07 JULY

- BIPOC Mental Health Month
- Self-Care Day (24th)

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 5th 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

- Seasonal Affective Disorder Awareness Month
- National Grief Awareness Week (2nd-8th)
- FYF Stress-Free Holidays

@FREEYOURFEELSGA

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#YOUTHMENTALHEALTHMATTERS
#FREEYOURFEELSFRIDAY