



FYF AWARENESS CALENDAR

**SPEAK.
LISTEN.
CONNECT.**

2025

Each month we will be focusing our content and sharing resources around these topics. Check freeyourfeels.org and our social media platforms to see resources and content for you to share with your friends, family and community!

01 JANUARY

- o Mental Health Advocacy
- o International Mind-Body Wellness Day (3rd)
- o MLK Jr. Day (20th)

02 FEBRUARY

- o Black History Month
- o Teen Dating Violence Awareness Month
- o National Eating Disorders Awareness Week (February 24th-March 2nd)

03 MARCH

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

04 APRIL

- o Stress Awareness Month
- o National Counseling Awareness Month

05 MAY

- o Mental Health Awareness Month
- o Asian American & Pacific Islander Heritage Month
- o National Children's Mental Health Awareness Day (8th)

06 JUNE

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

07 JULY

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

08 AUGUST

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

09 SEPTEMBER

- o Hispanic Heritage Month
- o Suicide Prevention and Awareness Month
- o Suicide Prevention Week (7th-13th)
- o Suicide Prevention Day (10th)
- o FYF 5th Anniversary (15th)

10 OCTOBER

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

11 NOVEMBER

- o Indigenous Heritage Month
- o Hunger & Homelessness Awareness Week (17th-25th)
- o Children's Grief Awareness Day (20th)
- o International Survivors of Suicide Day (21st)

12 DECEMBER

- o Seasonal Affective Disorder Awareness Month
- o FYF Stress-Free Holidays

@FREEYOURFEELSGA



**#FREEYOURFEELS
#YOUTHMENTALHEALTHMATTERS
#FREEYOURFEELSFRIIDAY**