FYF AWARENESS CALENDAR

SPEAK. LISTEN. CONNECT.

2026/2027 ACADEMIC CALENDAR

Each month we will be focusing our content and sharing resources around these topics. Check the folder icon (🗀)to see resources and content to share with your friends, family, and community!

CHECK BACK EACH MONTH FOR SHAREABLE FYF CONTENT & RESOURCES!

08 AUGUST

Back-2-School Resources

National Substance Use Prevention

International Youth Day (12th)

International Overdose Awareness Day (31st)

09 SEPTEMBER

Suicide Prevention & Awareness

Suicide Prevention Week (6th-12th)

Suicide Prevention Day (10th)

Hispanic Heritage (Starts: 15th)

FYF 6th Anniversary

10 OCTOBER

Bully Prevention and Awareness

Domestic Violence Awareness

Mental Illness Awareness Week (6th-12th)

World Mental Health Day (10th)

Hispanic Heritage Cont'd (Ends: 15th)

11 NOVEMBER

Children's Grief Awareness

Indigenous Heritage

Hunger & Homelessness Awareness Week (15th-21st)

International Survivors of Suicide Day (21)

12 DECEMBER

Seasonal Affective Disorder (SAD) Awareness

National Grief Awareness Week (2nd-8th)

Stress-Free Holidays Resources

01 JANUARY

Mental Health Advocacy Resources

International Mind-Body Wellness Day (3rd)

MLK Jr. Day (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

National Children's Mental Health Awareness Day (7th)

Asian American & Pacific Islander Heritage Month

06 JUNE

Men's Mental Health Month

LGBTQ+ (PRIDE) Month

Juneteenth (19th)

PTSD Awareness Day (27th)

07 JULY

Summer Time Resources

BIPOC Mental Health Month

Self-Care Day (24th)

@FREEYOURFEELSGA

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#YOUTHMENTALHEALTHMATTERS
#FREEYOURFEELSFRIDAY