**Mental Health-Related Observances for 2025**

Here is a partial list of mental health related observances for 2025 to assist with planning center-wide promotion education activities.

| **Date** | **Observance** | **Website** |
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| February | Teen Dating Violence Awareness Month  Sponsor: *Love is Respect* | <https://www.loveisrespect.org/get-involved/tdvam/> |
| February 24 -  March 2 | National Eating Disorders Awareness Week  Sponsor: *National Eating Disorders Association* | <https://www.nationaleatingdisorders.org/edaw/> |
| March 9-15 | Sleep Awareness Week  Sponsor: *National Sleep Foundation* | <https://www.thensf.org/sleep-awareness-week/> |
| April | Sexual Assault Awareness Month  Sponsor: *National Sexual Violence Resource Center* | <http://www.nsvrc.org/saam> |
| April | Autism Acceptance Month | <https://www.cdc.gov/autism/php/toolkit/index.html> |
| April 28 – May 2 | National Youth Violence Prevention Week  Sponsor: *Sandy Hook Promise* | <https://www.sandyhookpromise.org/take-action/get-involved/national-youth-violence-prevention-week/> |
| May | Mental Health Month  Sponsor: *Mental Health America* | <https://www.mhanational.org/mental-health-month> |
| May 11-17 | National Prevention Week  Sponsor: *Substance Abuse and Mental Health Services Administration (SAMHSA)* | <https://www.samhsa.gov/prevention-week> |
| June | PTSD Awareness Month | <https://www.ptsd.va.gov/understand/awareness/index.asp> |
| July | National Minority Mental Health Awareness Month  Sponsor: *National Alliance on Mental Illness* | <https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month> |
| September | Suicide Prevention Month  Sponsor: *National Alliance on Mental Illness* | <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month> |
| September | National Recovery Month  *Sponsor: Substance Abuse and Mental Health Services Administration (SAMHSA)* | <https://www.samhsa.gov/recovery-month> |
| October | Domestic Violence Awareness Month  Sponsor: *National Coalition Against Domestic Violence* | <https://www.thehotline.org/stakeholders/domestic-violence-awareness-month/> |
| October | National Bullying Prevention Month  Sponsor: *PACER Center, Inc.* | <http://www.pacer.org/bullying/nbpm/> |
| October 9 | National Depression Screening Day  Sponsor: *Mental Health America* | <https://www.mhanational.org/national-depression-screening-day> |