

May 2026

Mental Health Awareness Month

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 Mental Health Month Kick-off!	2 NEW BLOG Self-Care Matters
3 988 Infographic	4 Customizable HR Newsletter Blurb	5 May Awareness Graphics	6 Notice. Talk. Act.® at Work	7 Center & SHRM Employee Self-Care	8 Email templates for leadership messages	9 Mental Health Book List
10 Nurse Appreciation Week	11 NTA for Trade Industries Blog	12 Mental Health Works Guide	13 Business Group on Health Podcast ft. CWMH	14 NEW Blog ft. Dr. Lorna Breen Heroes Foundation	15 Best Practices for Supporting Working Caregivers	16 What is Anxiety?
17 "Take Your PTO" pledge	18 Supporting Someone Experiencing Anxiety	19 Mid-Career Professionals Mental Health	20 NEW Blog ft. Mental Health Coalition	21 NEW Why Managers Matter Blog	22 Burnout Infographic	23 Journaling prompts
24 What is Depression?	25 Mental Health Policies and Benefits	26 Mental Health: Know the Warning Signs	27 Self-care toolkit	28 Burnout Video	29 Bring Notice. Talk. Act.® to Your Organization	30 NEW Blog Resilience
31 Mental Health Matters EVERY Month!			<p>AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION </p> <p>CENTER FOR WORKPLACE MENTAL HEALTH</p>			