

VBA Benefits Corporation

2021 Mental Health Calendar

<p>January Good Mental Health</p>	<p>February Happiness</p>
<ul style="list-style-type: none"> • Good Mental Health 	<ul style="list-style-type: none"> • Working Towards Happiness • myStrength Video • Don't Worry, Breathe Happy
<p>March What is Mental Health?</p>	<p>April Alcohol Awareness Month</p>
<ul style="list-style-type: none"> • What is Mental Health • Mental Health Screening • How to Choose a Counselor • LHO Psychology 	<ul style="list-style-type: none"> • How to Cut Down on Your Drinking • How to Address Alcoholism with a Loved One
<p>May Mental Health Month</p>	<p>June Substance Abuse</p>
<ul style="list-style-type: none"> • Recognize and Reduce Anxiety • Manage Stress 	<ul style="list-style-type: none"> • Powering Through to Build a Stronger You • Substance Abuse Treatment Locator
<p>July Children's Mental Health</p>	<p>August National Wellness Month</p>
<ul style="list-style-type: none"> • Children's Mental Health • Teens & Depression 	<ul style="list-style-type: none"> • Maintain a Healthy State of Mind • Personal Well Being Survey
<p>September Suicide Prevention Awareness Month</p>	<p>October National Depression Month</p>
<ul style="list-style-type: none"> • Suicide Prevention • National Suicide Prevention Lifeline 	<ul style="list-style-type: none"> • Exercise & Depression Audio • Mental Health: Making a Difference Together
<p>November The Importance of Rest</p>	<p>December Emotional Wellness</p>
<ul style="list-style-type: none"> • Invest in Rest • Sleep Difficulties Audio 	<ul style="list-style-type: none"> • Emotional Wellness Toolkit • Emotional Wellness: Building Better Mental Health

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