

NATIONAL DEPRESSION EDUCATION & AWARENESS MONTH

4.6%

of adults over the age of 18, report having feelings of depression.

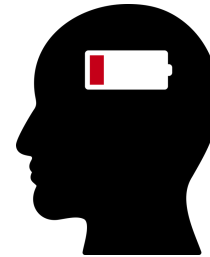
#youarenotalone

WHY IS THIS MONTH IMPORTANT?

1. It sparks conversation.
2. It encourages others to reach out.
3. It ignites change.

DEPRESSION

is one of the most prevalent mental health conditions.



"it is that feeling when you are not necessarily sad, but just really empty."

- Unknown



5 FACTS ABOUT MENTAL ILLNESS

1. Your mental health can change over time.
2. Mental health problems are very common.
3. There is no single cause.
4. Age does not discriminate against mental health issues.
5. There are hundreds of mental health illnesses.









There are more than

200

types of mental illnesses.

MONTHLY MENTAL HEALTH GOAL: _____

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Schedule 30 minutes of exercise this week.	3 Protect Your Peace	4 National Taco Day 	5 National Depression Screening Day	6 WEEKLY YOGA POSE: CHILD'S 	7
MENTAL ILLNESS AWARENESS WEEK						
8	9 Schedule 30 minutes of relaxation this week.	10 WORLD MENTAL HEALTH DAY	11 National Stop Bullying Day 	12 WEEKLY YOGA POSE: WARRIOR 	13 GIVE YOURSELF a BREAK	14
15	16 Schedule 30 minutes to read a book this week.	17 WEEKLY YOGA POSE: BOW 	18 BREATHE DEEPLY	19 National Evaluate Your Life Day	20 SLEEP HTTPS://WWW.TALKSPACE.COM/BLOG/SLEEP-MENTAL-HEALTH/	21
22	23 Schedule 30 minutes to call a friend this week.	24 DEPRESSION TEST HTTPS://WWW.TALKSPACE.COM/ASSESSMENTS/DEPRESSION-TEST	25 WEEKLY YOGA POSE: BOAT 	26 National Pumpkin Day 	27 enjoy THE LITTLE THINGS	28
29	30 EVERY THING WILL BE Okay	31 HAPPY HALLOWEEN 				

TO-DO LIST

