

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Black History Month					1
2	3 National Women's Physicians Day	4	5 Practice 5 minutes of mindfulness	6	7	8
9	10	11	12 Read about Why Words Matter	13 NAMI Ask the Expert	Valentines Day	15
16	17 President's Day Random Acts of Kindness Day	18	19 Check-in on a colleague today	20	21	22
23	24	25	26 StigmaFree LinkedIn Live	27	28	
National Eating Disorders Awareness Week February 24 – March 2						

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[Hope Starts With Us, episode 39: Racism as an Adverse Childhood Experience](#)

[Hope Starts With Us, episode 40: Race and Insanity in a Jim Crow Asylum](#)

[Hope Starts With Us, episode 49: Strong Black Women Need Help Too](#)

[Recent Advancements in Treatment and Research on Major Depressive Disorder](#)



[Community Health Equity Alliance \(CHEA\)](#) — Support for people with serious mental illness (SMI) in the Black community”

February 24 to March 2 – National Eating Disorders Awareness Week

- [NAMI HelpLine Knowledge Article: How can I get help/support for an eating disorder?](#)
- [Eating Disorder Awareness Week Facts](#)
- [National Alliance for Eating Disorders](#)

StigmaFree LinkedIn Live: Mental Health at Work: Fresh Data on What Workers Want (Feb. 26)



National Woman’s Physicians Day (Feb. 3):

- [NAMI Provider,](#)
- [NAMI HelpLine Knowledge Article: Where can I find mental health resources and support for healthcare workers?](#)
- [Build resilience as a health care professional](#)