

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1 <u>Self-Injury Awareness Day</u>
2 <u>World Teen Mental Wellness Day</u>	3	4	5 <u>Dissociative Identity Disorder Awareness Day</u>	6	7	8 <u>International Woman's Day</u>
9	10	11	12 <u>Start the mental health conversation</u>	13 <u>Ask The Expert</u>	14	15
16	17	18	19 <u>Understand mental health care</u>	20	21	22
National Drug and Alcohol Facts Week March 17–23						
23	24	25	26 <u>Check out our workplace mental health research</u>	27	28	29
National Physicians Week March 25–31						
30	31 <u>Transgender Day of Visibility</u>					

MARCH 2025

■ MARCH 1 — Self-Injury Awareness Day

- [About Self Harm and Understanding Self Harm](#)
- [Why Some People Harm Themselves](#)
- [How to Respond if Someone Self Harms](#)

■ MARCH 2 — World Teen Mental Wellness Day

- NAMI HelpLine Knowledge Article: [Children and Teens](#)
- [Teen and Young Adult HelpLine](#)
- [NAMI on Campus](#)

■ MARCH 5 — Dissociative Identity Disorder Awareness Day

- [Blog: My Journey to Accepting my Dissociative Identity Disorder](#)
- How can I find help/support for Dissociative Identity Disorder? [English](#) | [Spanish](#)

■ MARCH 8 — International Women's Day

- [About International Women's Day 2025](#)

■ MARCH 13 — Ask The Expert

- Clozapine Updates with Deanna L. Kelly, PharmD., BCPP (*registration link coming*)

■ MARCH 17–23 — National Drug and Alcohol Facts Week

- [NAMI Substance use disorders page](#)
- [How can I get help/support for substance use disorder](#)
- [Substance Use Disorder in the Workplace](#)
- [Supporting Employees with Substance Use Disorder \(SUD\): A Guide for Employers](#)

■ MARCH 25–31 — National Physicians Week

- [Resources from NAMI Provider](#)
- NAMI HelpLine Knowledge Article: [Where can I find mental health resources and support for healthcare workers?](#)
- [Resources from NAMI Frontline Wellness](#)

■ MARCH 30 — World Bipolar Day

- [About Bipolar](#)
- [Understanding the Spectrum of Bipolar, For Family Members and Caregivers](#)
- [What is bipolar disorder? Expert explains misunderstood condition, symptoms](#)
- NAMI Ask the Expert: Bipolar Disorder: [Advancements in Research & Treatment](#)

• Hope Starts With Us, episode 41: [Living with Bipolar Disorder](#)

- NAMI HelpLine Knowledge Article: Support for bipolar disorder? [English](#) | [Spanish](#)

■ MARCH 31 — Transgender Day of Visibility

- [Identity and Cultural Dimensions — LGBTQ+](#)
- Hope Starts With Us: [Pride & LGBTQ+ Mental Health](#)



■ Self-Harm Awareness Month

- NAMI HelpLine Knowledge Article:
- [How can I get help/support for self-injury?](#)
 - [¿Cómo puedo obtener ayuda o apoyo para las autolesiones? / How can I get help/support for self-injury?](#)

■ Disability Awareness Month

- [People with Disabilities](#)
- [Seeking Accommodations and Leave](#)
- [individual-rights-responsibilities](#)
- [Making the Workplace Work for All](#)

■ Criminal Justice Awareness Month

- Ask the Expert:
- [Suicide in Pretrial Detention and Expanding the Crisis Care Continuum](#)
 - [Ask the Expert: History of 911 and Lessons Learned for 988](#)
 - Hope Starts With Us, episode 17: [Leading the Way to More Help, Less Handcuffs](#)
 - [Crisis Advocacy](#)

■ Women's History Month

- [Maternal & New Parent Mental Health](#)
- Hope Starts With Us, episode 16: [International Women's Day: Gender & Mental Health](#)

Ask the Expert:

- [A Fireside Chat with Dr. Marlene Freeman and Dr. Ken Duckworth](#)