

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		National Stress Awareness Day 1	Write NAMI Helpline and the 988 Suicide & Crisis Lifeline numbers on a post-it in your workspace 2	3	National Alcohol Screening Day 4	5
6	World Health Day 7	8	Write a postcard to someone you are grateful for 9	Ask The Expert 10	Day of Silence 11	12
13	14	15	World Semicolon Day 16	17	18	19
20	21	Earth Day 22	Pick a bedtime and set an alarm for 30 minutes before to remind you 23	24	25	26
27	28	29	StigmaFree LinkedIn Live 30			



■ **4/1 National Stress Awareness Day**

- [Hope Starts With Us, episode 19: Stress, Anxiety & Coping](#)
- [Ways to Manage & Cope with Stress](#)

■ **4/4 National Alcohol Screening Day**

- NAMI HelpLine Knowledge Article: How can I get help/support for substance use disorder?
[English](#) | [Español](#)

■ **4/7 – 4/13 National Public Health Week**

- [Resources for Frontline Professionals](#)

■ **4/7 World Health Day**

- [NAMI Hearts+Minds](#)

■ **4/9 Write NAMI HelpLine and the 988 Suicide & Crisis Lifeline numbers on a post-it in your workspace**

- [988 – Suicide and Crisis Lifeline](#)
- [1-800-950-6264 - NAMI Helpline](#)

■ **4/10 Ask the Expert**

■ **4/11 Day of Silence**

- [Resources for the LGBT Community](#)
- [Mental Health College Guide: Sexual Orientation and Gender Identity](#)

■ **4/16 World Semicolon Day**

- [NAMI Connection Recovery Support Group](#)
- [NAMI Peer-to-Peer](#)

■ **4/22 Earth Day**

- NAMI HelpLine Knowledge Article: I am experiencing stress related to a natural disaster or other trauma. What are some ways I can support myself?
[English](#) | [Español](#)
- [NAMI Blog: How Hiking Helps My Depression](#)



■ **National Counseling Awareness Month**

- [Information on Psychosocial Treatments](#)

■ **Alcohol Awareness Month**

- NAMI HelpLine Knowledge Article: How can I get help/support for substance use disorder?
[English](#) | [Español](#)
- NAMI HelpLine Knowledge Article: How can I get help/support for teen substance use? [English](#)

■ **National Minority Health Month**

- [Identity and Cultural Dimensions](#)
- [Community Health Equity Alliance](#)

■ **Sexual Assault Awareness and Prevention Month**

- NAMI HelpLine Knowledge Article: I am a victim of rape/sexual assault. What do I do? [English](#) | [Spanish](#)

■ **Global Volunteer Month**

- [NAMI HelpLine Information & Resource Referral Volunteer Specialists](#)

■ **Stress Awareness Month**

- [Hope Starts With Us, episode 43, Stress Awareness Month](#)
- [Managing Stress](#)
- [Ways to Manage and Cope with Stress](#)

■ **Arab American Heritage Month**

- [Instagram post](#)