



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5/4 – 5/10 Tardive Dyskinesia (TD) Awareness Week			1 International Worker's Day	2	3
4 International Firefighters' Day	5	6 National Nurses Day ... Childhood Depression Awareness Day	7 National Anxiety Disorders Screening Day ... Children's Mental Health Awareness Day	8 Ask The Expert	9	10
11	12	13	14	15 National Day of Families	16	17 NAMIWalks National Day of Hope
18	19	20	21	22	23	24 World Schizophrenia Awareness Day
25	26 Memorial Day	27	28	29	30	31
5/5 – 5/11 Maternal Awareness Week				5/5 – 5/9 Teacher Appreciation Week		
5/11 – 5/17 National Women's Health Week				5/18 – 5/24 National EMS Week		

- **5/4 International Firefighters' Day**
 - [Resources for Frontline Professionals](#)
 - NAMI Knowledge Article: [Where can I find mental health resources and support for first responders?](#)

- **5/5 – 5/11 Maternal Awareness Week**
 - NAMI resource page: [Maternal & New Parent Mental Health](#)
 - NAMI HelpLine Knowledge Article: How can I get help/support for postpartum depression? [English | Español](#)
 - NAMI HelpLine Knowledge Article: [My mental health has been affected by pregnancy/reproductive challenges/pregnancy loss. What can I do?](#)

- **5/6 National Nurses Day**
 - Resources for Frontline Professionals: [NAMI Frontline Wellness and Healthcare Professionals](#)
 - NAMI HelpLine Knowledge Article: [Where can I find mental health resources and support for healthcare workers?](#)

- **5/6 Childhood Depression Awareness Day**
 - [Resource for Kids, Teens and Young Adults](#)
 - [NAMI Ending the Silence](#)

- **5/7 National Anxiety Disorders Screening Day**
 - NAMI HelpLine Knowledge Article: How can I get help/support for anxiety disorder? [English | Español](#)
 - NAMI HelpLine Knowledge Article: [How can I get help and support for social anxiety?](#)
 - NAMI HelpLine Knowledge Article: [How do I help someone experiencing a panic attack?](#)

- **5/4 – 5/10 Tardive Dyskinesia Awareness Week**
 - [General information on Tardive Dyskinesia](#)

- **5/5 – 5/9 – Teacher Appreciation Week**
 - [NAMI Resources for Educators](#)

- **5/7 Children's Mental Health Awareness Day**
 - [Resource for Kids, Teens and Young Adults](#)
 - [NAMI Ending the Silence](#)
 - NAMI HelpLine Knowledge Article: My teenager is acting differently. Could it be the beginning of mental illness? [English | Español](#)
 - [NAMI Basics: OnDemand or local in-person](#)
 - [NAMI Teen & Young Adult Helpline](#)

- **5/8 Ask the Expert: CBTp for families with Dr. Sarah Kopelovich**
 - Pending registration link

- **5/11 through 5/17 National Women's Health Week**
 - [Hope Starts With Us: Hope Starts With Us, episode 16: International Women's Day: Gender & Mental Health](#)
 - [Virtual Resource for Black Women](#)
 - [PTSD More Likely in Women](#)

- **5/15 National Day of Families**
 - [NAMI Family Support Group](#)
 - [NAMI Family-to-Family](#)

- **5/17 NAMIWalks National Day of Hope**
 - [NAMIWalks United Day of Hope](#)

- **5/18 through 5/24 National EMS Week**
 - [NAMI Frontline Wellness](#)
 - [Public Safety Professional](#)
 - NAMI Knowledge Article: [Where can I find mental health resources and support for first responders?](#)

- **5/24 World Schizophrenia Awareness Day**
 - [NAMI Schizophrenia page](#)
 - NAMI Knowledge Article: How can I get help/support for schizophrenia/schizoaffective disorder? [English | Español](#)

- **5/26 Memorial Day**
 - [NAMI Veterans and Active Duty page | NAMI Homefront](#)
 - [Honoring Our Nation's Heroes](#)
 - NAMI Knowledge Article: [How can I get mental health treatment and support as a Veteran/Active-Duty Military Member?](#)
 - NAMI Knowledge Article: How can I get help/support for post-traumatic stress disorder (PTSD)? [English | Español](#)

- **National Anxiety Awareness Month**
 - NAMI HelpLine Knowledge Article: [How can I get help/support for anxiety disorder?](#) [English | Español](#)
 - NAMI HelpLine Knowledge Article: [How can I get help and support for social anxiety?](#)
 - NAMI HelpLine Knowledge Article: [How do I help someone experiencing a panic attack?](#)

- **Borderline Personality Disorder Awareness Month**
 - NAMI HelpLine Knowledge Article: [How can I get help/support for borderline personality disorder \(BPD\)?](#) [English | Español](#)

- **National Maternal Mental Health Month**
 - [NAMI resource page Maternal & New Parent Mental Health](#)
 - NAMI HelpLine Knowledge Article: [How can I get help/support for postpartum depression?](#) [English | Español](#)

- NAMI HelpLine Knowledge Article: [My mental health has been affected by pregnancy/reproductive challenges/pregnancy loss. What can I do?](#)

- **AANHPI Awareness Month**
 - NAMI general information page: [Asian American Native Hawaiian Pacific Islander](#)
 - NAMI Knowledge Article: [Are there any mental health resources specifically for the Asian American and Pacific Islander community?](#)

- **National Women's Health Month**
 - Hope Starts With Us: [Hope Starts With Us, episode 16: International Women's Day: Gender & Mental Health](#)
- **NAMIWalks Spring**
 - [United Day of Hope](#)
- **Jewish Heritage Month**
 - [X post](#)