




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 WELLNESS WEDNESDAY Check in with a coworker	5 Ask The Expert	6	7
8	9	10	 Virtual June 11–13 Register for NAMICon			14
15	16	17	18 WELLNESS WEDNESDAY Write 3 things you enjoy about summer	19 Juneteenth	20	21 International Yoga Day
22	23	24 Workplace Mental Health LinkedIn Live	25	26	27 National PTSD Awareness Day	28
29	30					
6/9 – 6/15 National Men’s Health Week			6/9 – 6/15 Global Loneliness Awareness Week			



■ **6/5 Ask the Expert**

■ **6/9 – 6/15 National Men's Health Week**

- NAMI HelpLine Knowledge Article: [Are there mental health resources and support specifically for men?](#)
- NAMI Blog post written by our Chief Executive Officer, Daniel H. Gillison: [What it Means to Be a Man](#)
- Hope Starts With Us: [What It Means to "Man Up" with Randy Ryan and CEO Daniel H. Gillison, Jr.](#)

■ **6/9 – 6/15 Global Loneliness Awareness Week**

- NAMI HelpLine Knowledge Article: [I am feeling lonely and isolated. What can I do?](#)

■ **6/11 – 6/13 Virtual NAMIcon**

- Sign up for [NAMIcon](#)

■ **6/19 Juneteenth**

- NAMI HelpLine Knowledge Article: Are there any mental health resources specifically for the African American/ Black community?
[English](#) | [Español](#)
- NAMI HelpLine Knowledge Article: How can I find a mental health provider who is part of or has experience working with the African American/Black community?
[English](#) | [Español](#)

■ **6/24 Workplace Mental Health LinkedIn Live**

■ **6/27 National PTSD Awareness Day**

- Managing PTSD in the Workplace
[For employees](#) | [For managers](#)
- NAMI HelpLine Knowledge Article: [How can I get help/support for post-traumatic stress disorder \(PTSD\)](#)
- [PTSD More Likely in Women](#)

■ **National PTSD Awareness Month**

- NAMI HelpLine Knowledge Article: [How can I get help/support for post-traumatic stress disorder \(PTSD\)?](#)
- [Post-traumatic Stress Disorder](#)

■ **National Men's Health Month**

- NAMI HelpLine Knowledge Article: [Are there mental health resources and support specifically for men?](#)

■ **Pride Month**

- NAMI HelpLine Knowledge Article: Are there any mental health resources specifically for the LGBTQI community?
[English](#) | [Español](#)

National PTSD Awareness Month and Pride Month