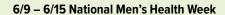


| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|--|--|---------------------|--------------------------------------|---------------------------------|
| 1 | 2 | 3 | WELLNESS 4 WEDNESDAY Check in with a coworker | 5 Ask The Expert | 6 | 7 |
| 8 | 9 | 10 | NAMICON VIN Meeting You Where You Are 2025 : \[\bar{\bar{\bar{\bar{\bar{\bar{\bar{ | rtual June 11- | -13 Register for NAMICon | 14 |
| 15 | 16 | 17 | WELLNESS 18 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 Global Loneliness Awareness Week





- 6/5 Ask the Expert
- 6/9 6/15 National Men's Health Week
 - NAMI HelpLine Knowledge Article: <u>Are there mental health resources</u> 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: <u>I am feeling lonely and isolated. What</u> can I do?
- 6/11 6/13 Virtual NAMICon
 - Sign up for <u>NAMICon</u>

■ 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: <u>Are there mental health resources</u> and support specifically for men?

■ Pride Month

 NAMI HelpLine Knowledge Article: Are there any mental health resources specifically for the LGBTQI community?
 English | Español



