JULY 25

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	**National Bereaved Parents Day** 3	**Independence Day** 4	5
			6/30 – 7/4 Annual NAMI Rest Up Week			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	**Ask The Expert** 22 **International Self-care Day**	23	**Disability Independence Day** 24	25	26
27	28	29	**International Day of Friendship** 30	31		

Bebe Moore Campbell National Minority Mental Health Awareness Month

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- **Bebe Moore Campbell National Minority Mental Health Awareness Month**

- **7/3 National Bereaved Parents Day**
  - NAMI HelpLine Knowledge Article: I lost a loved one recently and need help learning to cope. Where can I find a grief support group?
  - Hope Starts With Us: Moving Forward After Loss

- **6/30-7/4 - Annual Rest Up Week**
  - Learn more about why NAMI closes for Rest Up Week

- **7/4 Independence Day**

- **7/24 - Ask the Expert**

- **7/24 - International Self-Care Day**
  - NAMI HelpLine Knowledge Article: What is self-care? How can practicing self-care help with my mental health? **English | Español**
  - NAMI HelpLine Knowledge Article: What coping skills can I use to help manage my emotions?
  - NAMI Hearts+Minds
  - NAMI's YouTube Self-Care playlist

- **7/26 - Disability Independence Day**
  - NAMI HelpLine Knowledge Article: Can I receive disability for my mental health condition? I need help understanding/applying for SSI/SSDI/Medicaid/Medicare.
  - NAMI HelpLine Knowledge Article: I feel I am being discriminated against access to housing because of my mental illness. What are my rights?
  - NAMI HelpLine Knowledge Article: I feel I am being discriminated against by my employer because of my mental illness. What are my rights?
  - NAMI HelpLine Knowledge Article: I'm not getting assistance or timely help from a federal agency. What can I do?
  - NAMI HelpLine Knowledge Article: What do I do if I think my government benefits may be cut?

- **7/30 - International Day of Friendship**
  - NAMI HelpLine Knowledge Article: How can I help a friend who is showing signs of mental illness?
  - How to Help a Friend one-pager

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