

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 NAMIWalks United Day of Hope
5 Mental Illness Awareness Week Begins	6	7	8 Stop Bullying Day	9	10 World Mental Health Day	11 National Coming Out Day
12 OCD Awareness Week Begins	13 Indigenous Peoples' Day	14	15 National Depression Screening Day	16	17	18 Health Care Aide Day
19	20	21	22	23	24	25
26	27	28	29 NAMI StigmaFree LinkedIn Live	30	31	
	Mental Illness Awareness Week 10/5 – 10/11					
	OCD Awareness Week 10/12 – 10/18					

October 2025

■ National Depression and Mental Health Screening Month

- NAMI HelpLine Knowledge Article: How do I get help/support for depression?
[English](#) | [Español](#)
- [What is Major Depressive Disorder?](#)
- Working with Depression for [employees](#) and [managers](#)

■ National ADHD Awareness Month

- Working with ADHD for [employees](#) and [managers](#)
- NAMI HelpLine Knowledge Article: I want to learn more about getting an evaluation for attention deficit/hyperactivity disorder (ADHD). Where do I start?
[English](#) | [Español](#)

■ National Work & Family Month

- [A Guide for Working Caregivers During School Transitions](#)
- [Supporting Your Mental Health as a Caregiver in the Workplace](#)

■ Emotional Wellness Month

- NAMI HelpLine Knowledge Article: What is self-care? How can practicing self-care help with my mental health?
[English](#) | [Español](#)
- [NAMI Hearts+Minds](#)
- [NAMI's YouTube Self-Care playlist](#)

■ Filipino American History Month

- [Identity and Cultural Dimensions – Asian American Native Hawaiian Pacific Islander](#)
- [Learn more about Maniwala community conversations for the Filipino community](#)

■ LGBT History Month

- NAMI HelpLine Knowledge Article: Are there any mental health resources specifically for the LGBTQI community?
[English](#) | [Español](#)
- [Identity and Cultural Dimensions – LGBTQ+](#)

■ 10/3 – National Depression Screening Day

- NAMI HelpLine Knowledge Article: How do I get help/support for depression?
[English](#) | [Español](#)
- NAMI HelpLine Knowledge Article: How can I get help/support for postpartum depression?
[English](#) | [Español](#)
- NAMI HelpLine Knowledge Article: How can older adults (65+) recognize and get help for depression?
[English](#) | [Español](#)
- NAMI HelpLine Knowledge Article: [I feel depressed around the same time each year. How can I get help and support for major depressive disorder with seasonal pattern \(SAD\)?](#)

■ 10/4 – NAMIWalks United Day of Hope

- [United Day of Hope](#)

■ 10/5 - 10/11 - Mental Illness Awareness Week

- [Mental Illness Awareness Week NAMI page](#)
- NAMI HelpLine Knowledge Article: Is my behavior typical or is it a sign of mental illness? What's going on with me?
[English](#) | [Español](#)

■ 10/10 – World Mental Health Day

- [World Mental Health Day](#)
- [NAMI Podcast: How Consistency Supports Communities After Traumatic Events](#)

■ 10/11 - National Coming Out Day

■ 10/12 – 10/18 – OCD Awareness Week

- [What is Obsessive-compulsive Disorder?](#)
- NAMI HelpLine Knowledge Article: How can I get help/support for obsessive-compulsive disorder (OCD)?
[English](#) | [Español](#)
- NAMI HelpLine Knowledge Article: How can I get help/support for hoarding disorder?
[English](#) | [Español](#)

■ 10/13 - Indigenous Peoples' Day

- [Identity & Cultural Dimensions – Indigenous](#)
- Q&A: Mechelle Negrete on NAMI's New Mental Health Initiative for Native Communities

■ 10/15 - Pregnancy and Infant Loss Remembrance Day

- [NAMI HelpLine Knowledge Article: My mental health has been affected by pregnancy/reproductive challenges/pregnancy loss. What can I do?](#)
- NAMI HelpLine Knowledge Article: I lost a loved one recently and need help learning to cope. Where can I find a grief support group?
[English](#) | [Español](#)

■ 10/18 - Health Care Aide Day

- [Resources for Frontline Professionals](#)

■ 10/29 - NAMI StigmaFree LinkedIn Live