

# World Mental Health Day Calendar 2015

The calendar has been put together by groups from the North East Area to promote World Mental Health Day.





*“You have the power to change your own reality.”*

# January 2015

1	Thur
2	Fri
3	Sat
4	Sun
5	Mon
6	Tues
7	Wed
8	Thur
9	Fri
10	Sat
11	Sun
12	Mon
13	Tues
14	Wed
15	Thur
16	Fri

17	Sat
18	Sun
19	Mon
20	Tues
21	Wed
22	Thur
23	Fri
24	Sat
25	Sun
26	Mon
27	Tues
28	Wed
29	Thur
30	Fri
31	Sat



“Yesterday is history, tomorrow is a mystery, but today is a gift.  
That is why it is called the present.”

# February 2015

1	Sun
2	Mon
3	Tues
4	Wed
5	Thur
6	Fri
7	Sat
8	Sun
9	Mon
10	Tues
11	Wed
12	Thur
13	Fri
14	Sat
15	Sun
16	Mon

17	Tues
18	Wed
19	Thur
20	Fri
21	Sat
22	Sun
23	Mon
24	Tues
25	Wed
26	Thur
27	Fri
28	Sat





*“You can change any self-beliefs that aren’t working for you.”*

# March 2015

1	Sun
2	Mon
3	Tues
4	Wed
5	Thur
6	Fri
7	Sat
8	Sun
9	Mon
10	Tues
11	Wed
12	Thur
13	Fri
14	Sat
15	Sun
16	Mon

17	Tues
18	Wed
19	Thur
20	Fri
21	Sat
22	Sun
23	Mon
24	Tues
25	Wed
26	Thur
27	Fri
28	Sat
29	Sun
30	Mon
31	Tues





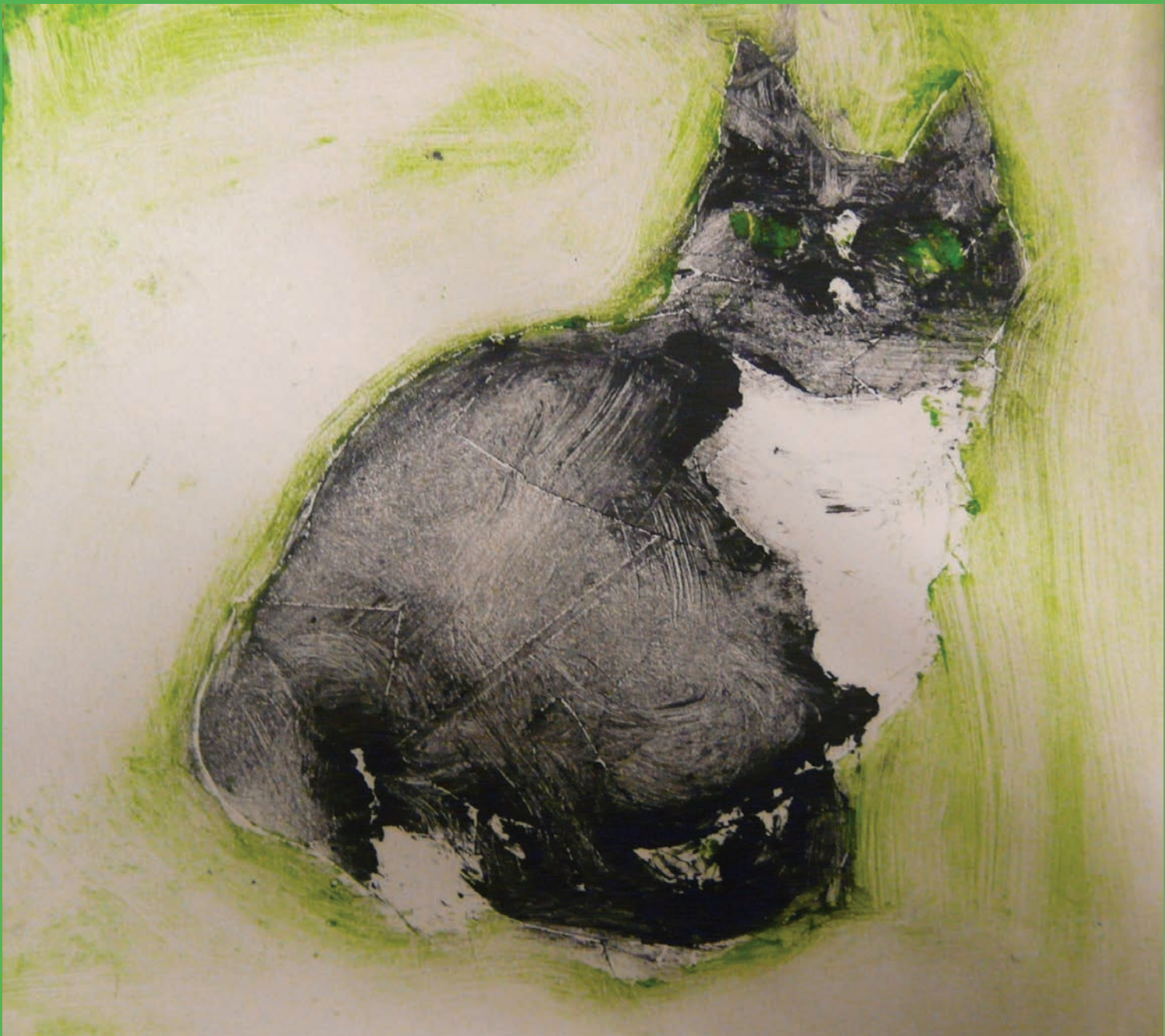
“While I breathe, I hope.  
Comfort zones are only comfortable until we outgrow them.”

# April 2015

1	Wed
2	Thur
3	Fri
4	Sat
5	Sun
6	Mon
7	Tues
8	Wed
9	Thur
10	Fri
11	Sat
12	Sun
13	Mon
14	Tues
15	Wed
16	Thur

17	Fri
18	Sat
19	Sun
20	Mon
21	Tues
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tues
29	Wed
30	Thur





“Raise your hopes. Low hopes lead to low self esteem.”

# May 2015

1	Fri
2	Sat
3	Sun
4	Mon
5	Tues
6	Wed
7	Thur
8	Fri
9	Sat
10	Sun
11	Mon
12	Tues
13	Wed
14	Thur
15	Fri
16	Sat

17	Sun
18	Mon
19	Tues
20	Wed
21	Thur
22	Fri
23	Sat
24	Sun
25	Mon
26	Tues
27	Wed
28	Thur
29	Fri
30	Sat
31	Sun





“Things work out best for those who make the best of how things work out.”

# June 2015

1	Mon
2	Tues
3	Wed
4	Thur
5	Fri
6	Sat
7	Sun
8	Mon
9	Tues
10	Wed
11	Thur
12	Fri
13	Sat
14	Sun
15	Mon
16	Tues

17	Wed
18	Thur
19	Fri
20	Sat
21	Sun
22	Mon
23	Tues
24	Wed
25	Thur
26	Fri
27	Sat
28	Sun
29	Mon
30	Tues





“Failure is simply the opportunity to begin again.  
This time, more intelligently.”

# July 2015

1	Wed
2	Thur
3	Fri
4	Sat
5	Sun
6	Mon
7	Tues
8	Wed
9	Thur
10	Fri
11	Sat
12	Sun
13	Mon
14	Tues
15	Wed
16	Thur

17	Fri
18	Sat
19	Sun
20	Mon
21	Tues
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tues
29	Wed
30	Thur
31	Fri



Stigma

What do you do when you stigmatise a man?  
Take away his powers of ‘I will’ and ‘I can’.  
For his own benefit you do and you say,  
A sleepless night and a manic day.  
Take him to his room ‘relax’ ‘be fair’!  
Talk up to God, way up there.  
Don’t you hyperventilate, ‘suck in some air’.  
You may not think it but ‘we do care’!



“You have the power to change your own reality.”

August 2015

1	Sat
2	Sun
3	Mon
4	Tues
5	Wed
6	Thur
7	Fri
8	Sat
9	Sun
10	Mon
11	Tues
12	Wed
13	Thur
14	Fri
15	Sat
16	Sun

17	Mon
18	Tues
19	Wed
20	Thur
21	Fri
22	Sat
23	Sun
24	Mon
25	Tues
26	Wed
27	Thur
28	Fri
29	Sat
30	Sun
31	Mon





“Remember, you are likely to go through a series of ups & downs on your path to hope.”

# September 2015

1	Tues
2	Wed
3	Thur
4	Fri
5	Sat
6	Sun
7	Mon
8	Tues
9	Wed
10	Thur
11	Fri
12	Sat
13	Sun
14	Mon
15	Tues
16	Wed

17	Thur
18	Fri
19	Sat
20	Sun
21	Mon
22	Tues
23	Wed
24	Thur
25	Fri
26	Sat
27	Sun
28	Mon
29	Tues
30	Wed





“Waiting for someone else to make you happy  
is the best way to make you sad.”

# October 2015

1	Thur
2	Fri
3	Sat
4	Sun
5	Mon
6	Tues
7	Wed
8	Thur
9	Fri
10	Sat
11	Sun
12	Mon
13	Tues
14	Wed
15	Thur
16	Fri

17	Sat
18	Sun
19	Mon
20	Tues
21	Wed
22	Thur
23	Fri
24	Sat
25	Sun
26	Mon
27	Tues
28	Wed
29	Thur
30	Fri
31	Sat





“Success always hugs you in private...  
but failure always slaps you in public! That’s life.”

# November 2015

1	Sun
2	Mon
3	Tues
4	Wed
5	Thur
6	Fri
7	Sat
8	Sun
9	Mon
10	Tues
11	Wed
12	Thur
13	Fri
14	Sat
15	Sun
16	Mon

17	Tues
18	Wed
19	Thur
20	Fri
21	Sat
22	Sun
23	Mon
24	Tues
25	Wed
26	Thur
27	Fri
28	Sat
29	Sun
30	Mon





“Life changes begin when you start to make changes”

# December 2015

1	Tues
2	Wed
3	Thur
4	Fri
5	Sat
6	Sun
7	Mon
8	Tues
9	Wed
10	Thur
11	Fri
12	Sat
13	Sun
14	Mon
15	Tues
16	Wed

17	Thur
18	Fri
19	Sat
20	Sun
21	Mon
22	Tues
23	Wed
24	Thur
25	Fri
26	Sat
27	Sun
28	Mon
29	Tues
30	Wed
31	Thur



The calendar has been put together by groups from the North East Area to promote World Mental Health Day.

- Newcastle and North Tyneside Altering Images of Mentality (AIM).
- Crisis Skylight Newcastle.
- Newcastle and Gateshead Art Studio (NAGAS).
- Tyneside Women's Health.
- Whitley Bay Art Group.
- Moving Forward Newcastle.
- North Tyneside Art Studio.
- Your Homes Newcastle (Young People's Services, Family Intervention Project).
- Northumberland, Tyne and Wear NHS Foundation Trust, Urgent Care Services:
- Gateshead Intro Art Group The Leas Art Group
- Moving Forward Gateshead NTW Club House
- Northumberland, Tyne and Wear NHS Foundation Trust, Acute Day Services

For more information, check out our AIM web sites:

