



World Mental Health Day Calendar 2016

The art work in this calendar has been put together by groups throughout the UK supporting people recovering from mental health problems.



“Stars can’t shine without darkness.”

January 2016

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



“Life is not about waiting for the storm to pass
but learning to dance in the rain.”

February 2016

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



“Remind yourself that it’s okay not to be perfect.”

March 2016

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	Thu



“You can’t start the next chapter of your life
if you keep re-reading the last one”

April 2016

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



“When you focus on a problem you’ll have more problems.
When you focus on possibilities you’ll have more opportunities.”

May 2016

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	Tue



“If it is important to you, you will find a way, if not you'll find an excuse.”

June 2016

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



“The only person you should try to be better than,
is the person you were yesterday.”

July 2016

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



“Stop wishing, start doing.”

August 2016

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	Tue
31	Wed



“Every day is a second chance.”

September 2016

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	Thu
30	Fri



“In the end we only regret the chances we didn’t take.”

October 2016

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

World Mental Health Day

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

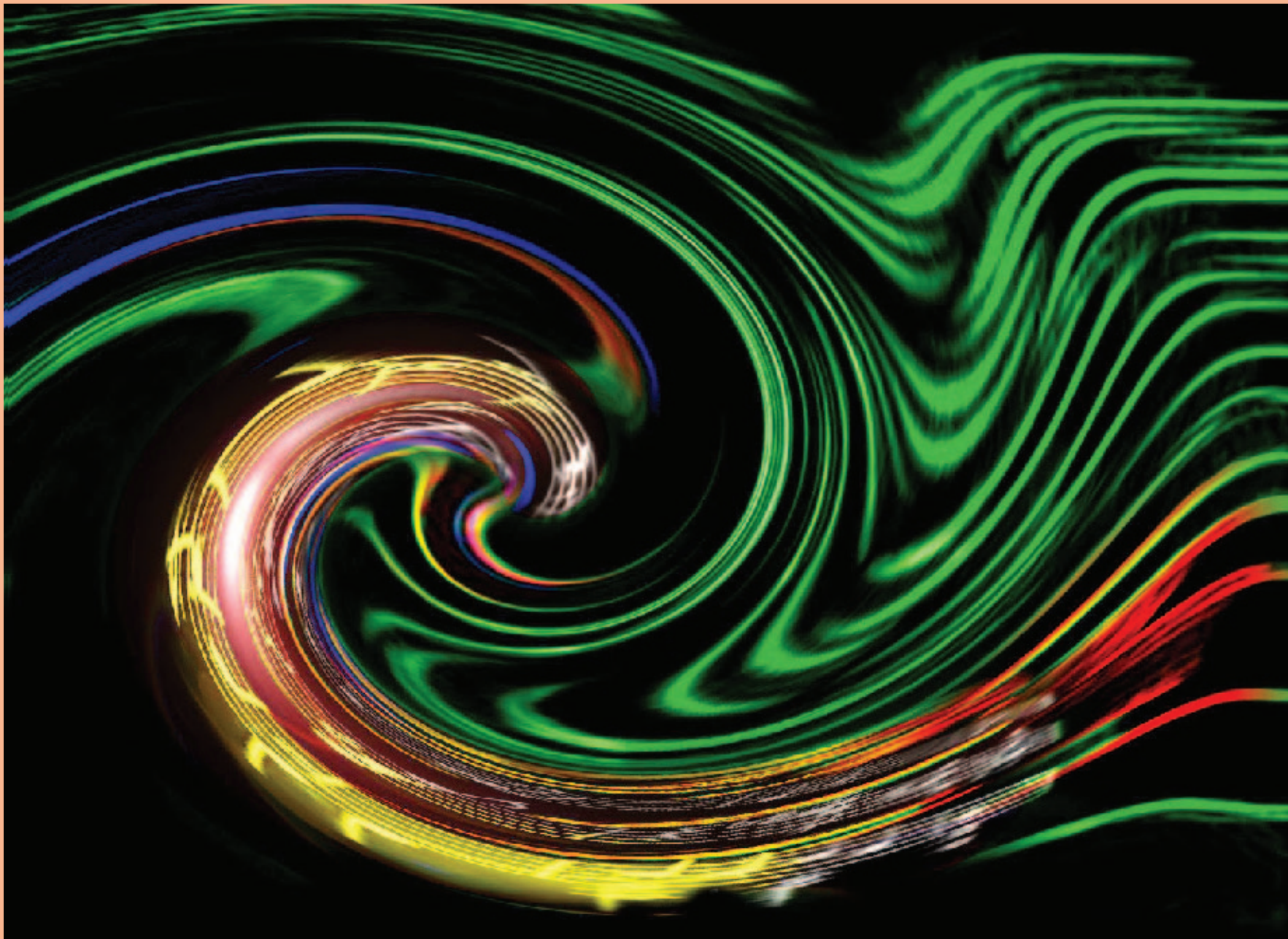


“You only live once but if you do it right once is enough.”

November 2016

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	Tue
30	Wed



“Courage is what it takes to stand up and speak.Courage is also what it takes to sit down and listen. (Sir Winston Churchill).”

December 2016

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

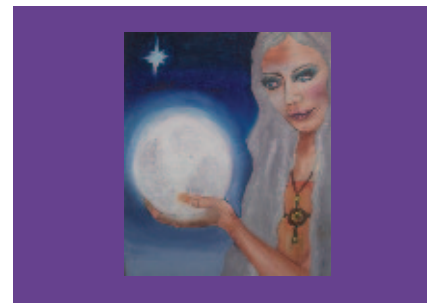
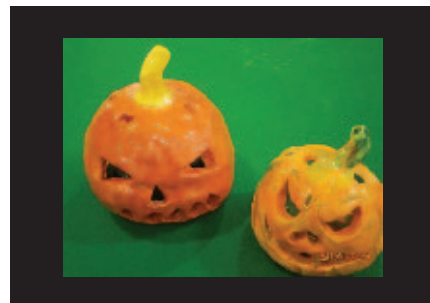
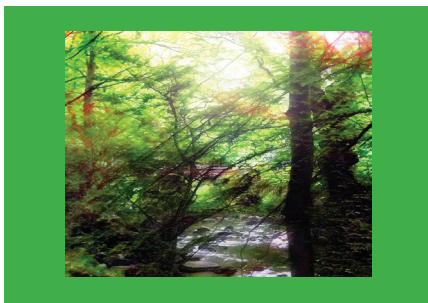
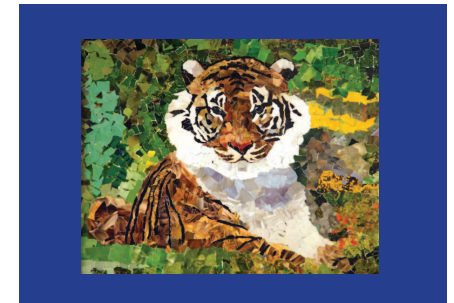
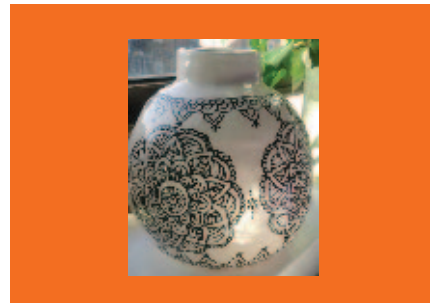
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