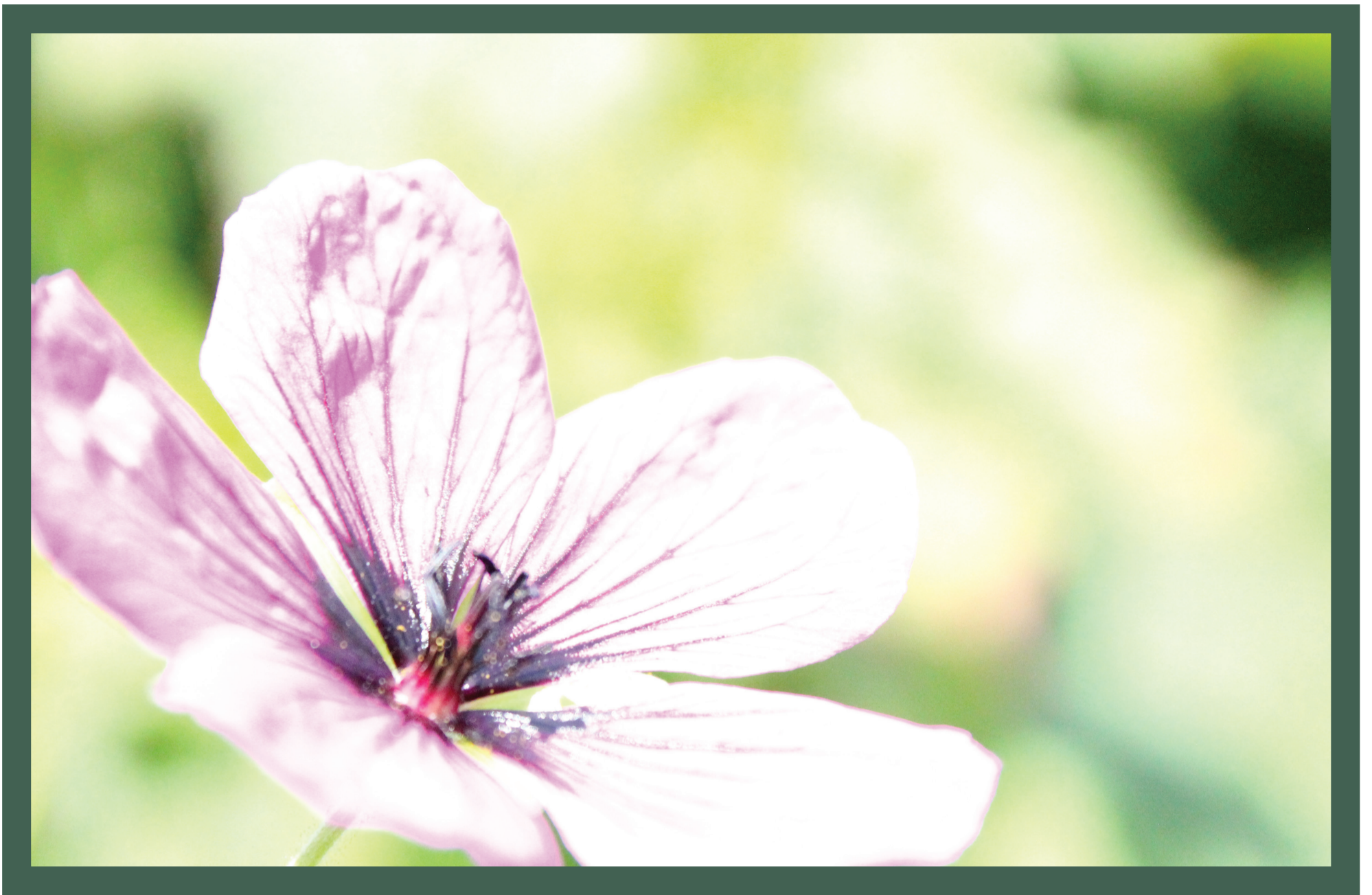


# World Mental Health Day Calendar 2018

This art work has been put together by groups throughout the UK supporting people recovering from mental health problems.





*"Each morning we are born again.  
What we do today is what matters most."*

# January 2018

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
31 Wed



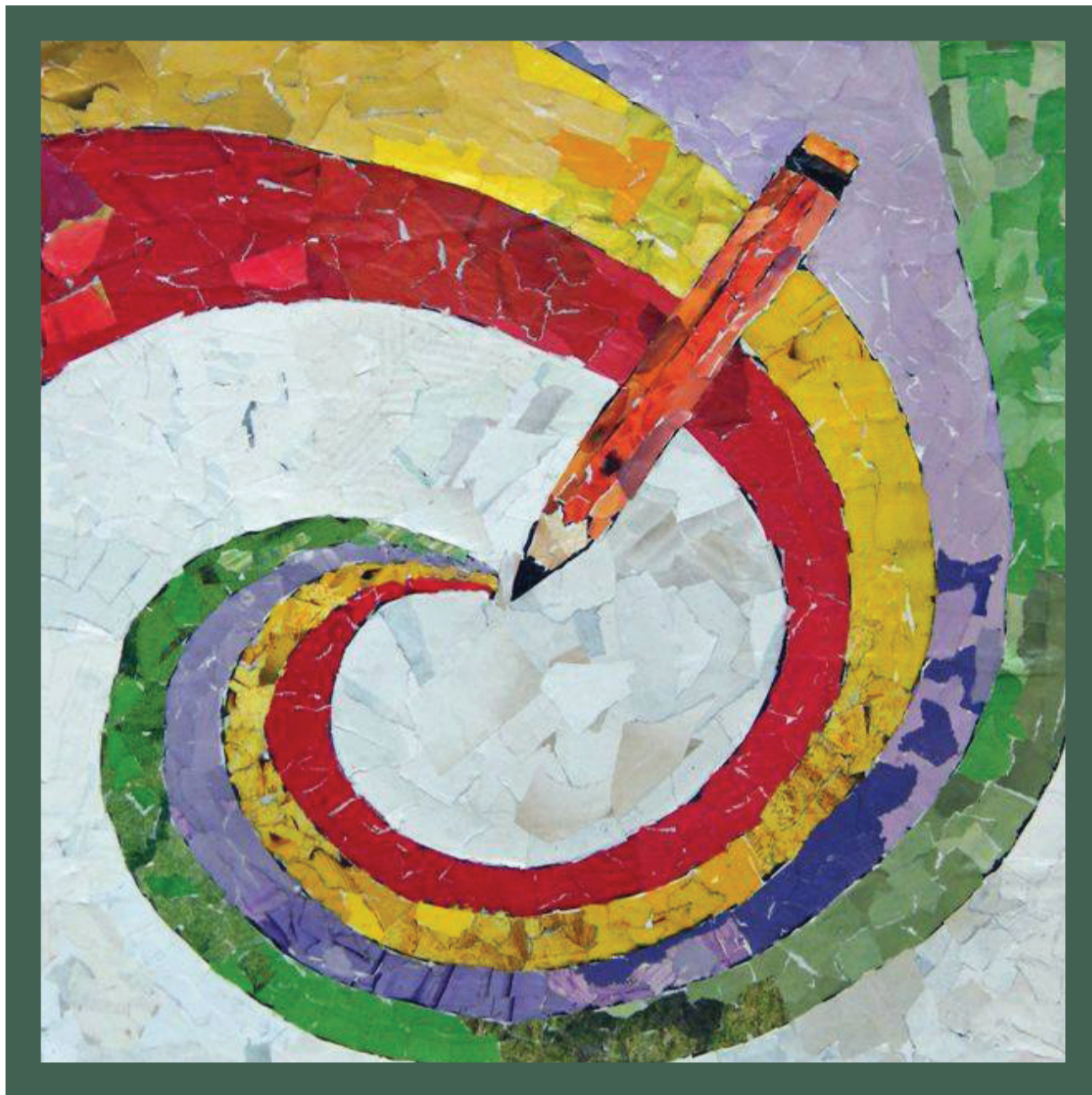
“What day is it today?” asked Pooh. “It’s today” squeaked Piglet.  
 “My favourite day” said Pooh.

# February 2018

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



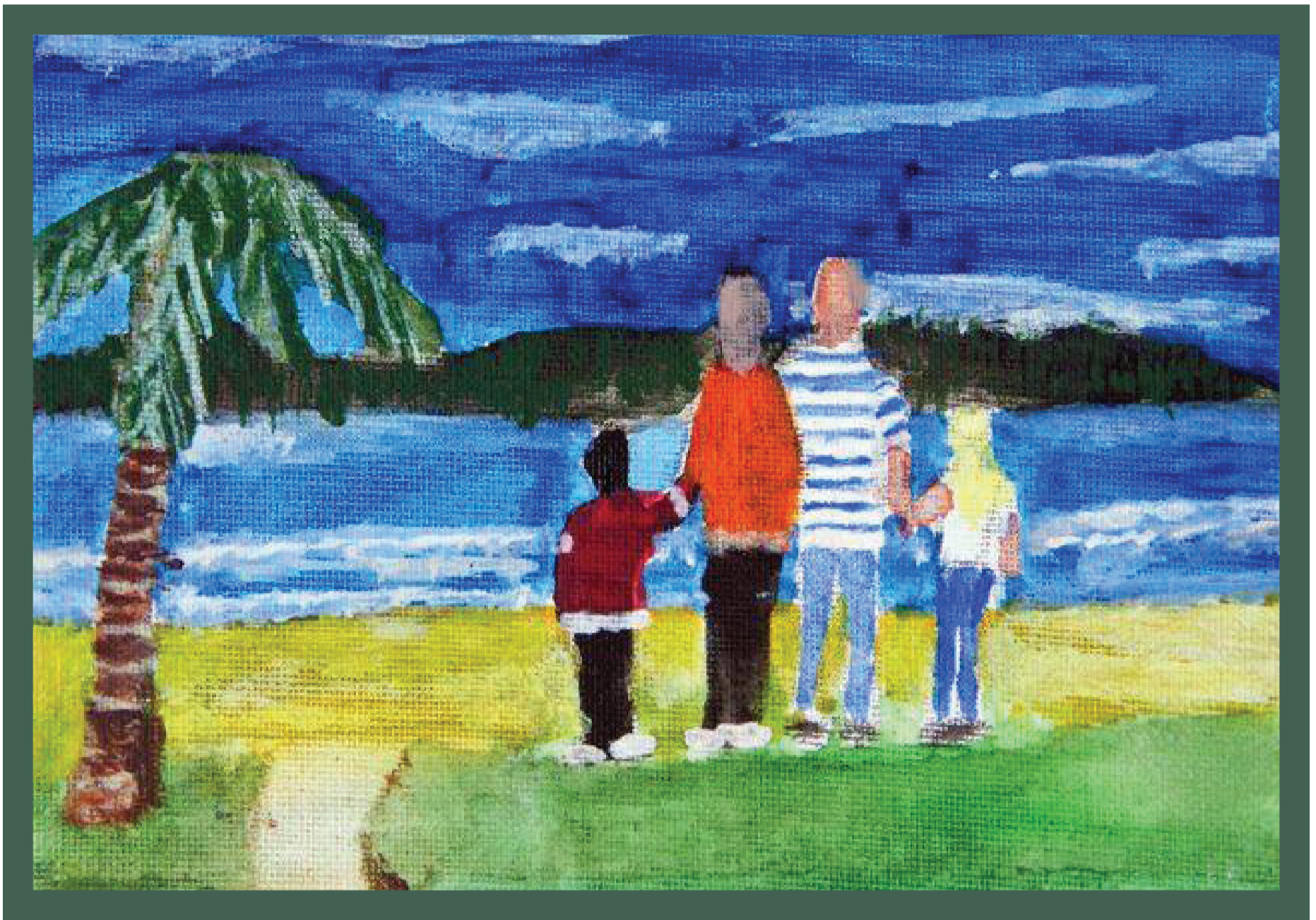


*"Success is not the key to happiness. Happiness is the key to success.  
If you love what you are doing, you will be successful"*

# March 2018

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
31 Sat



*"Be kind whenever possible. It is always possible."*

# April 2018

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



*“Be stupid, be dumb, be funny, if that’s who you are. Don’t try be someone that society wants you to be, that’s stupid. So be yourself.”*

# May 2018

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
31	Thur





*“There cannot be a stressful crisis next week.  
My schedule is already full.”*

# June 2018

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



"If two wrongs don't make a right, try three."

# July 2018

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





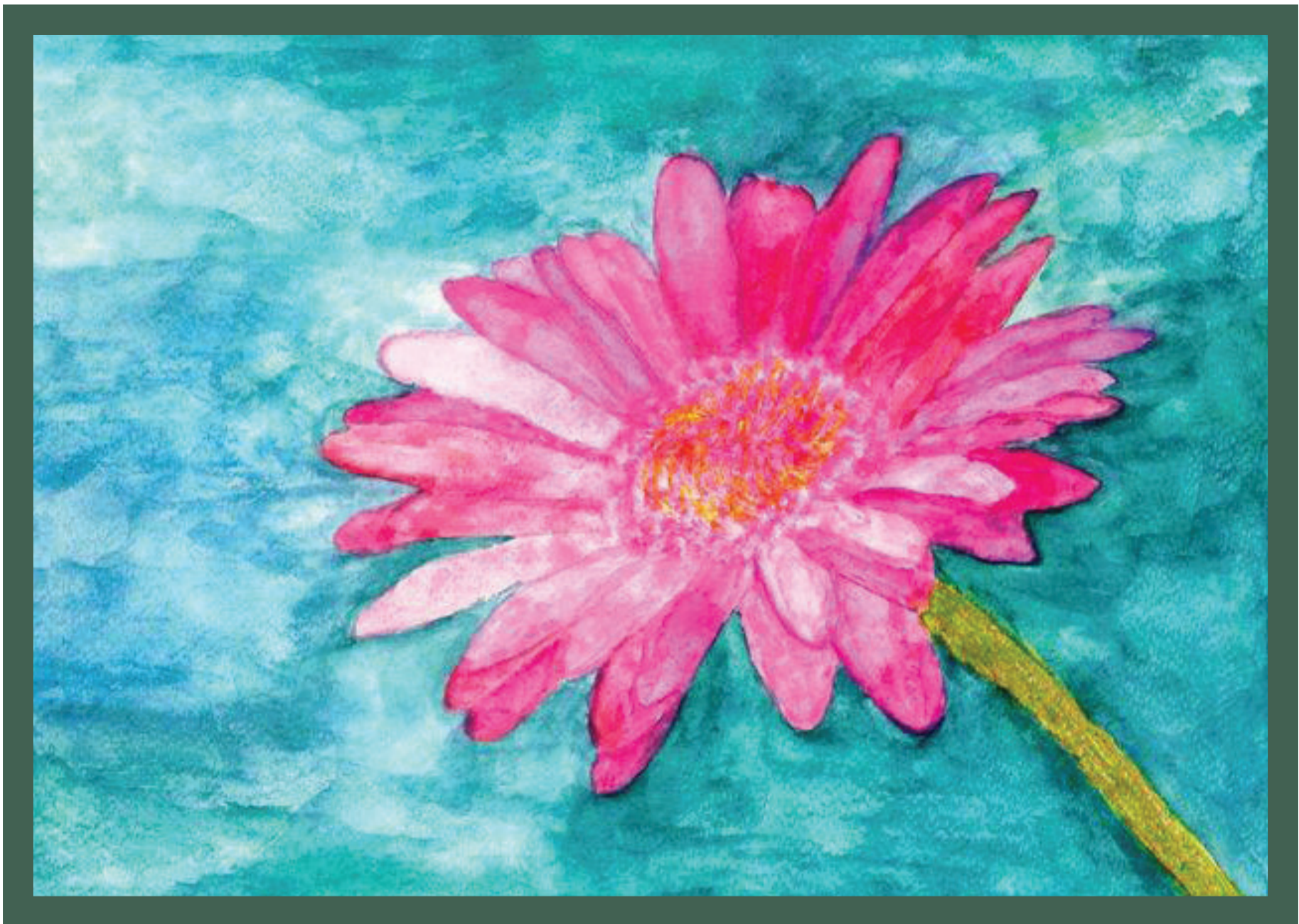
*“Always remember that you are absolutely unique.  
Just like everyone else.”*

# August 2018

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 Tue
29 Wed
30 Thur
31 Fri





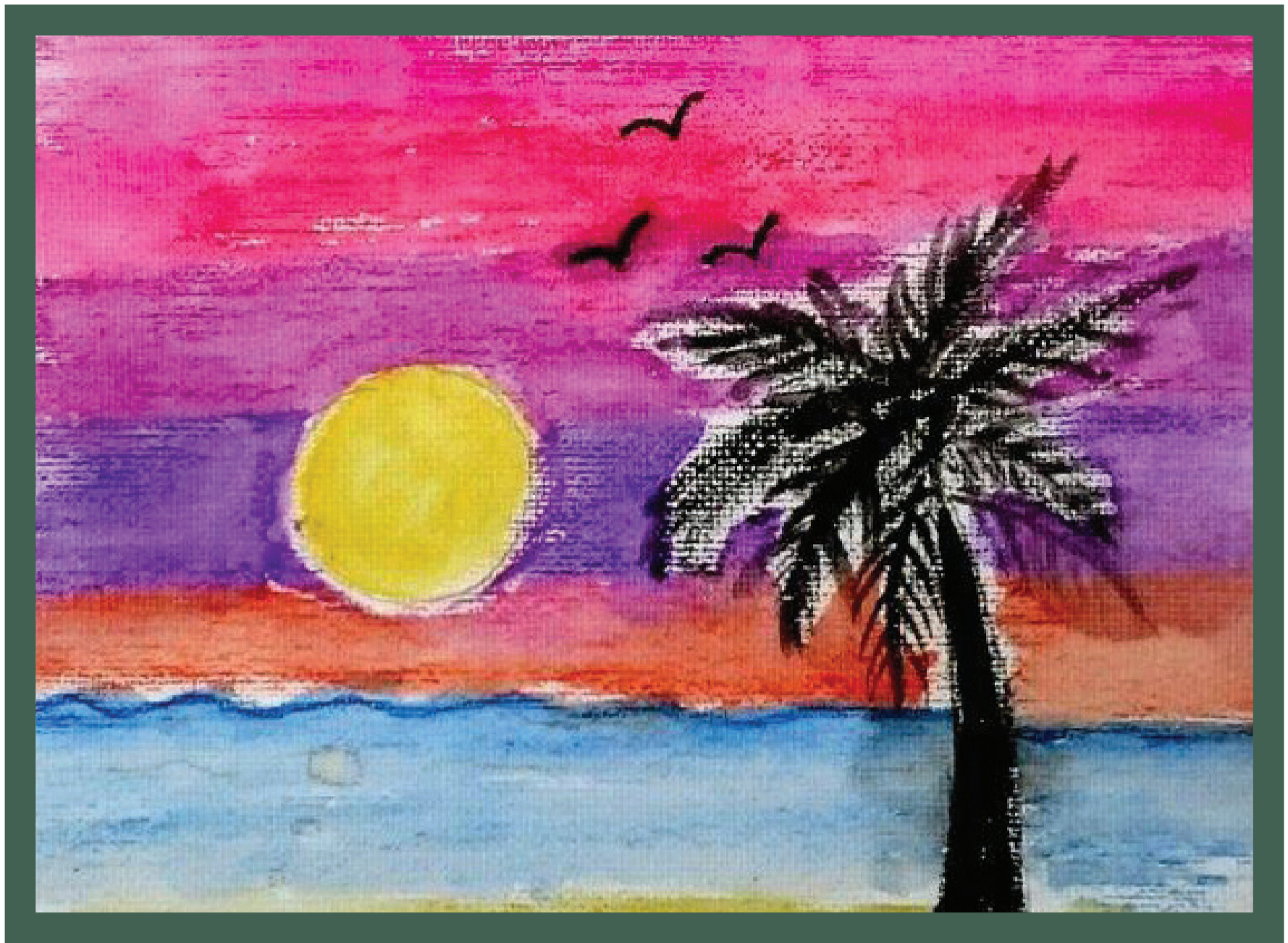
*"By all means let's be open minded, but not so open minded that our brains drop out."*

# September 2018

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 Thu
28 Fri
29 Sat
30 Sun





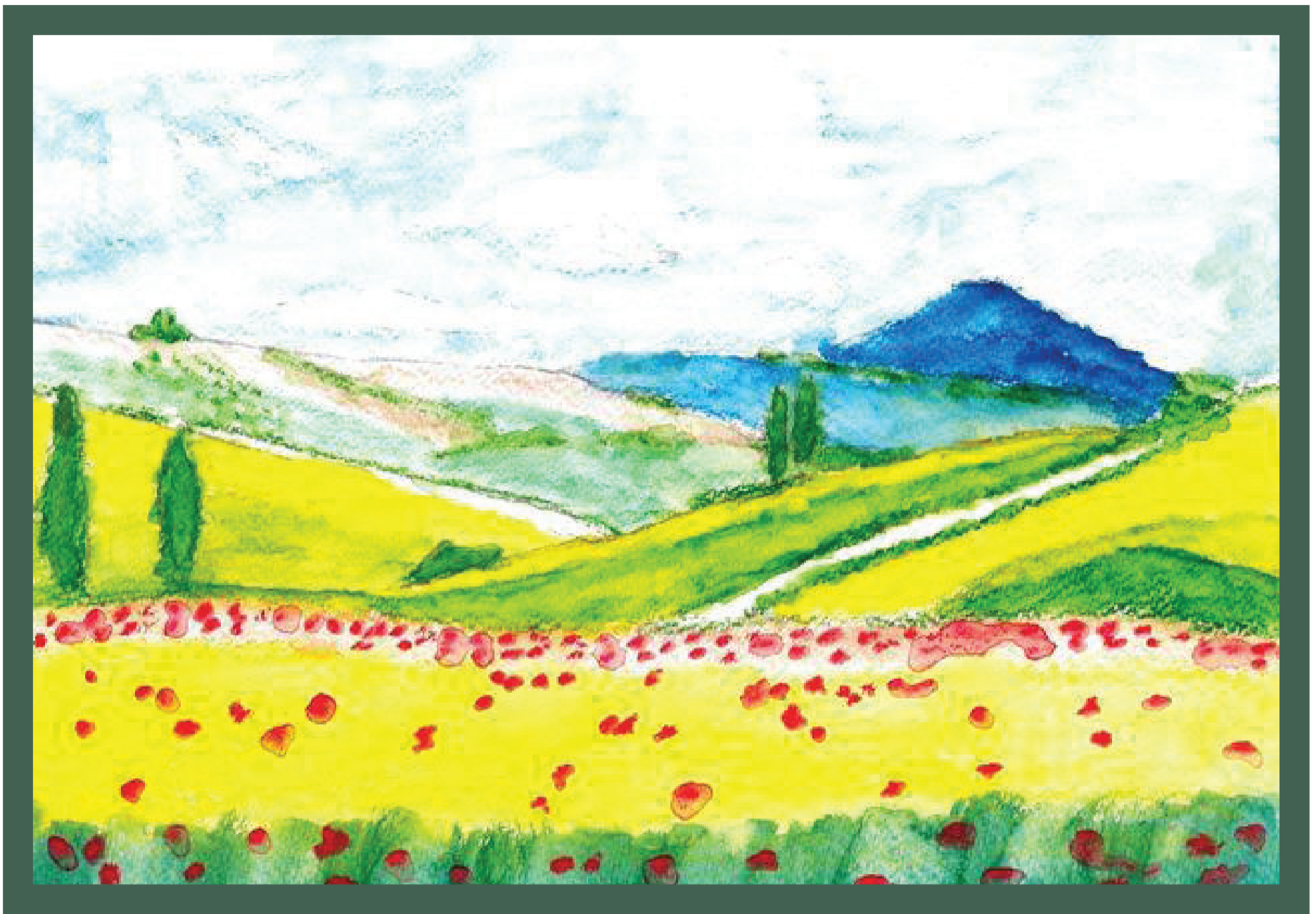
*“The true mark of maturity is when somebody hurts you and you try to understand their situation instead of trying to hurt them back.”*

# October 2018

1 Mon
2 Tues
3 Wed
4 Thur
5 Fri
6 Sat
7 Sun
8 Mon
9 Tues
10 Wed <span style="float: right;">World Mental Health Day</span>
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
31 Wed





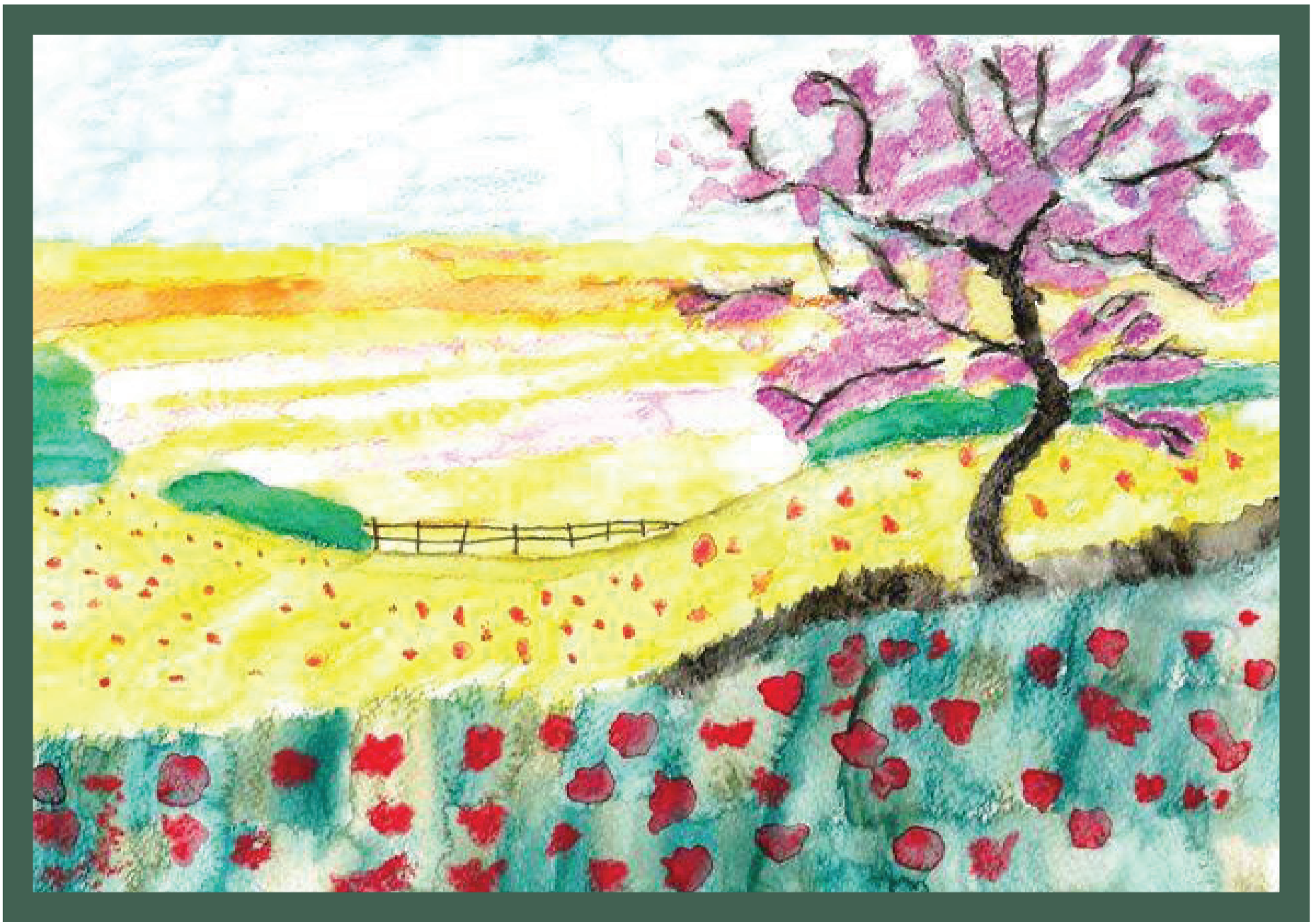
*"All generalizations are false, including this one."*

# November 2018

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	Tue
28	Wed
29	Thur
30	Fri





*"Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake..."*

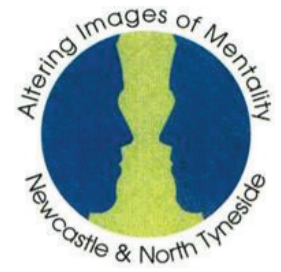
# December 2018

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



## List of Contributors



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**Newcastle & North Tyneside Altering Images of Mentality (AIM)**