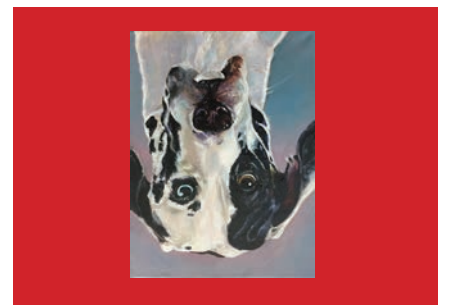
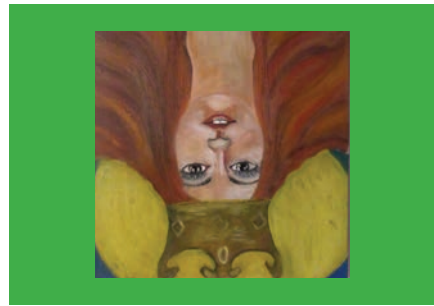
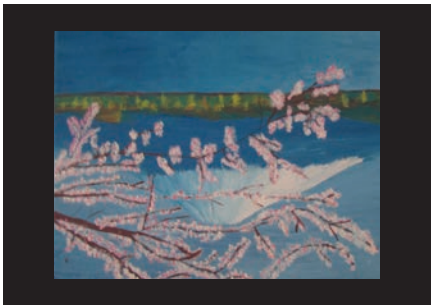
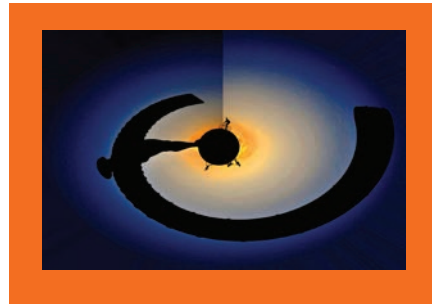
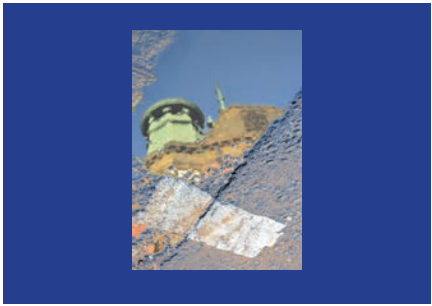




World Mental Health Day Calendar 2019



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



“One small positive thought in the morning can change your whole day”

January 2019

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



“Everything you do to improve your physical wellbeing will have a positive impact on how good you feel about yourself.”

February 2019

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



“Do just once what others say you can’t do and you will never pay attention to their limitations again.”

March 2019

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	Thu
29	Fri
30	Sat
31	Sun



“There is no one giant step that does it. It’s a lot of little steps.”

April 2019

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

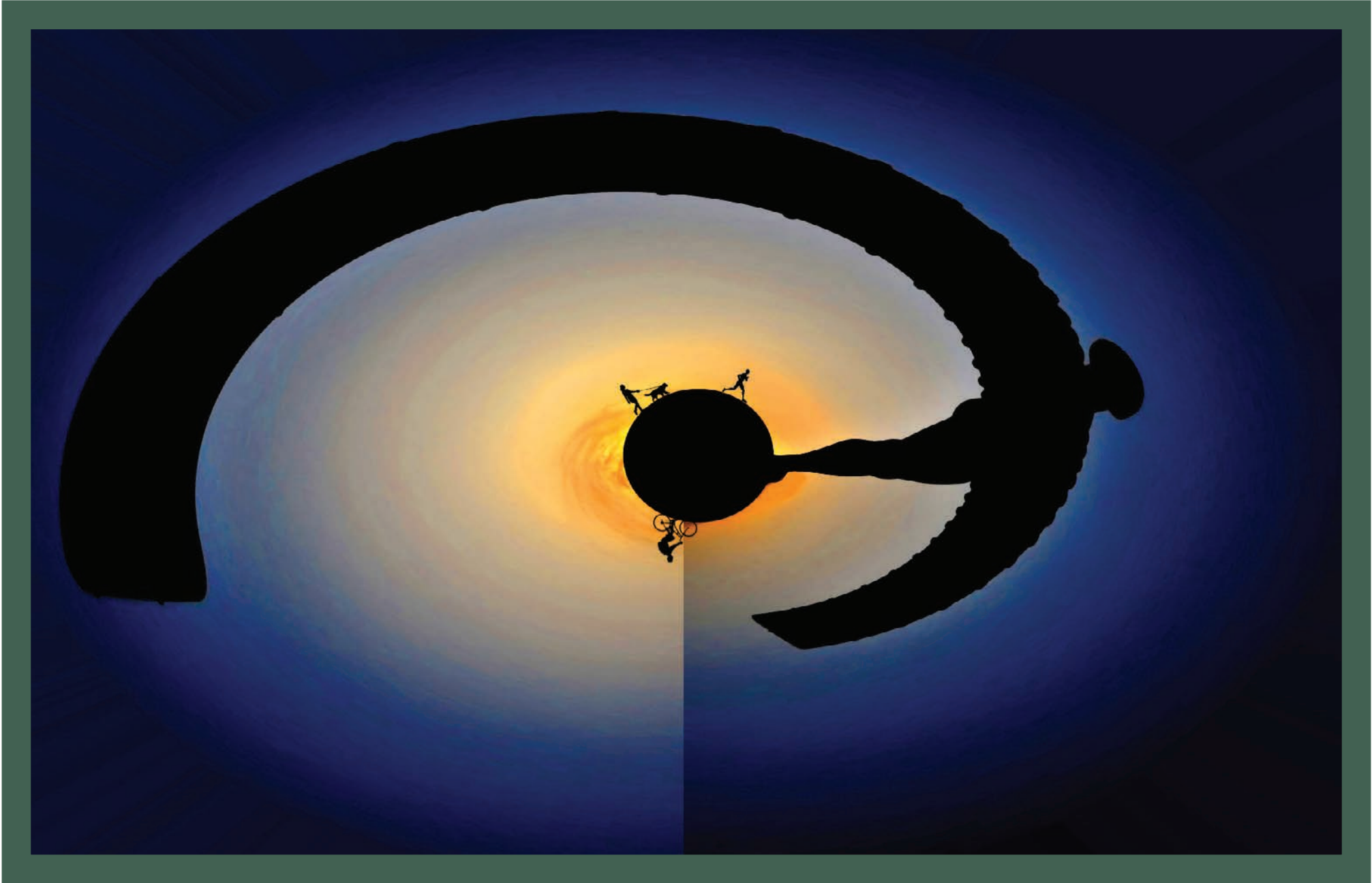


“If the plan doesn’t work change the plan but never the goal.”

May 2019

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



*“You cannot be anything you want to be,
but you can be a lot more of who you already are.”*

June 2019

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

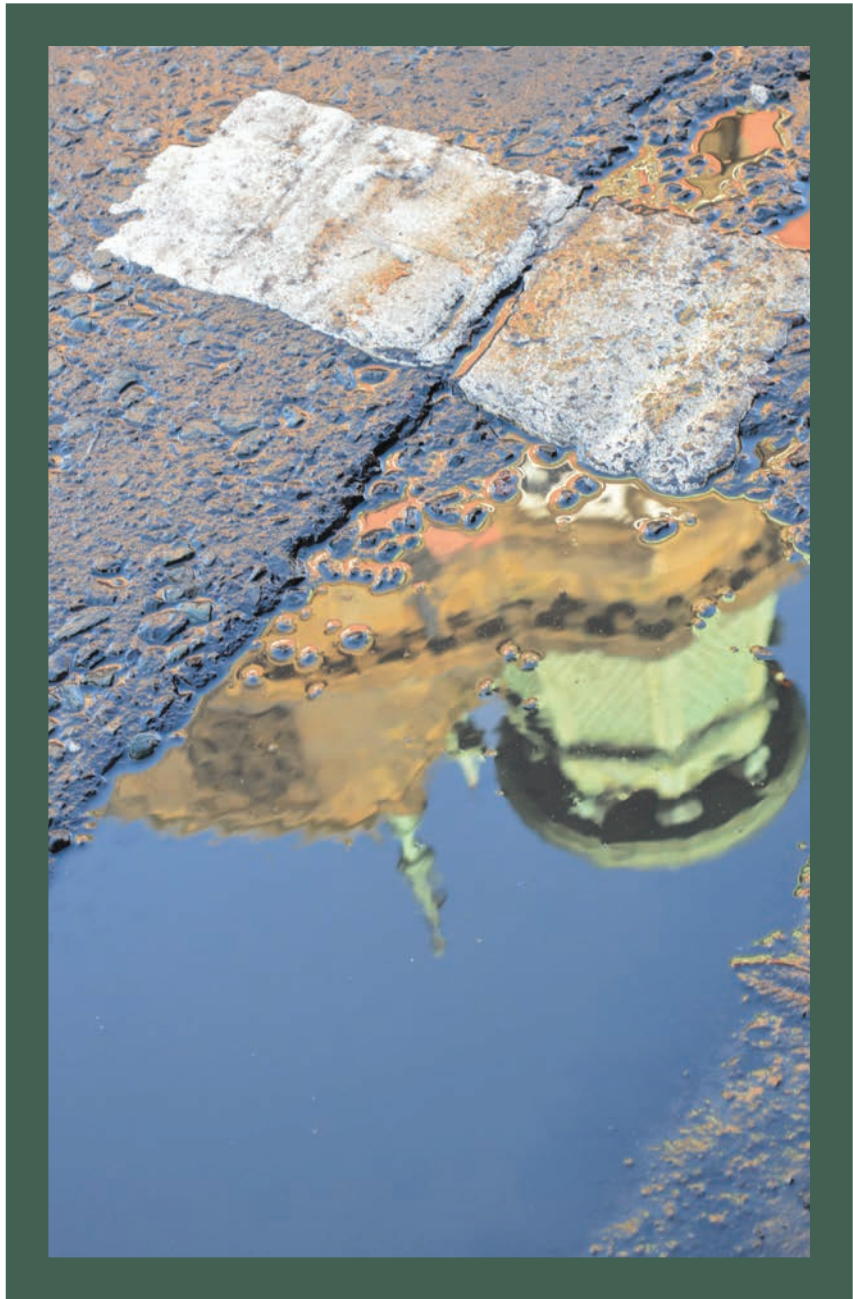


"Happiness is not something ready made. It comes from your own actions."

July 2019

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



“Be patient with all things, but especially yourself.”

August 2019

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
31	Sat



“When life knocks you down, try to land on your back.
Because if you can look up, you can get up.”

September 2019

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	Thu
27	Fri
28	Sat
29	Sun
30	Mon



“Nothing is worth more than this day. You cannot relive yesterday.
Tomorrow is still beyond your reach.”

October 2019

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

World Mental Health Day

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

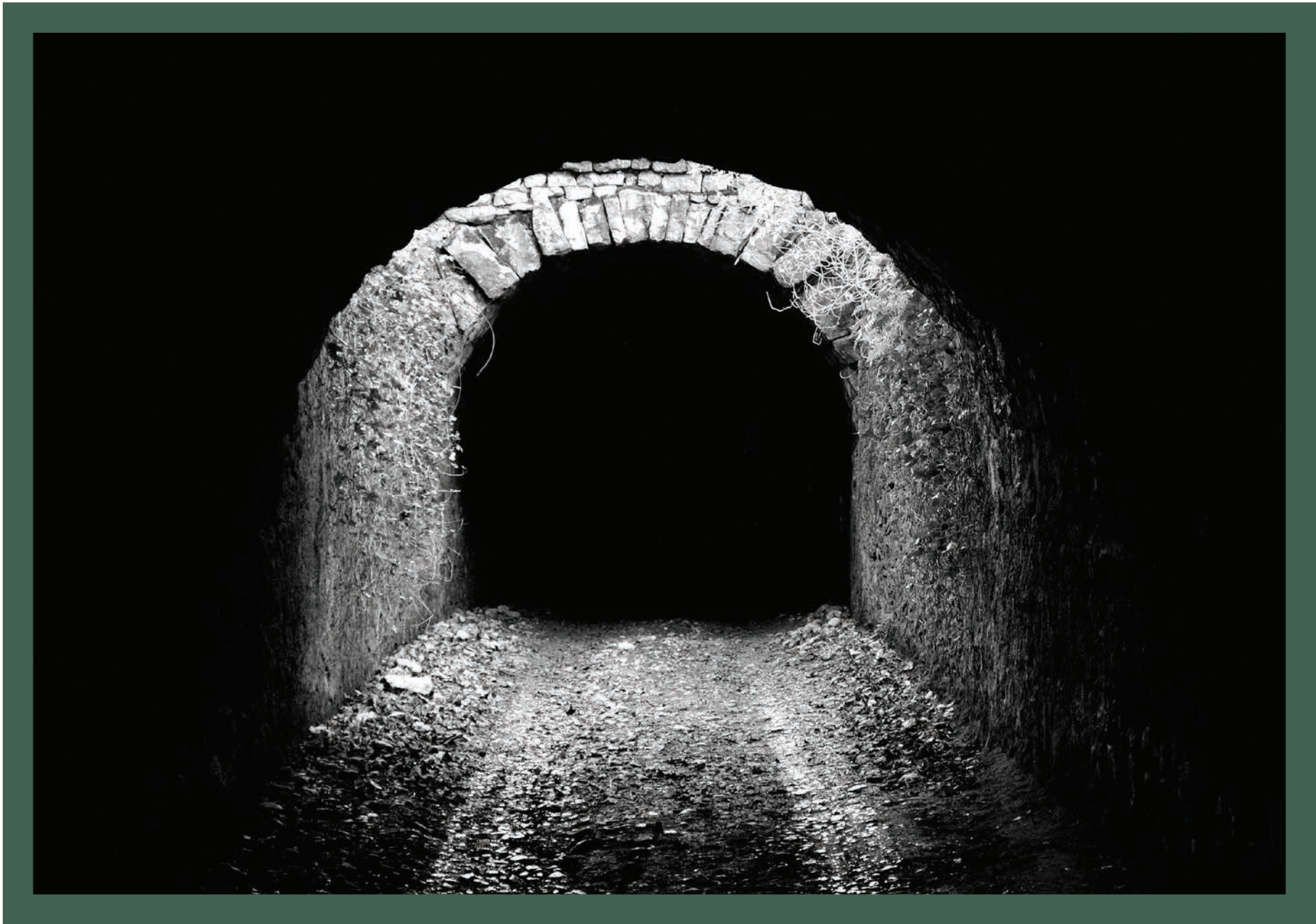


“Let every situation be what it is, not what you think it should be.”

November 2019

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	Tue
27	Wed
28	Thur
29	Fri
30	Sat



“Don't just look, observe. Don't just swallow, taste.
Don't just sleep, dream. Don't just think, feel. Don't just exist, live.”

December 2019

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

List of Contributors



- Moving Forward
- Bamburgh Acute Forensic Unit NTW NHS TRUST
- Collingwood Court & Lowry Wards Hadrian Clinic NTW NHS. Newcastle
- Chilli Studios. Newcastle & Gateshead Arts Service
- Hopewood Park. Barton Centre. Urgent Care. NTW NHS Trust. Sunderland
- Whitley Bay Art Group NTW NHS Trust. North Tyneside
- Crisis Newcastle

Thank you all for sending in your images, it has been the best response so far. All the images can be viewed on the AIM website.

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Newcastle & North Tyneside Altering Images of Mentality (AIM)