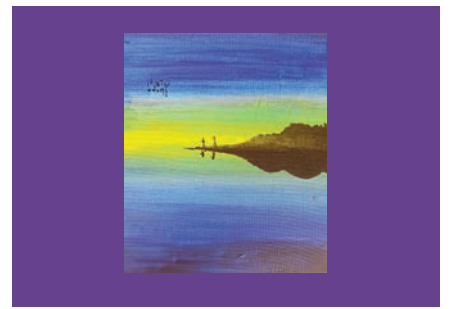




World Mental Health Day Calendar 2020

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

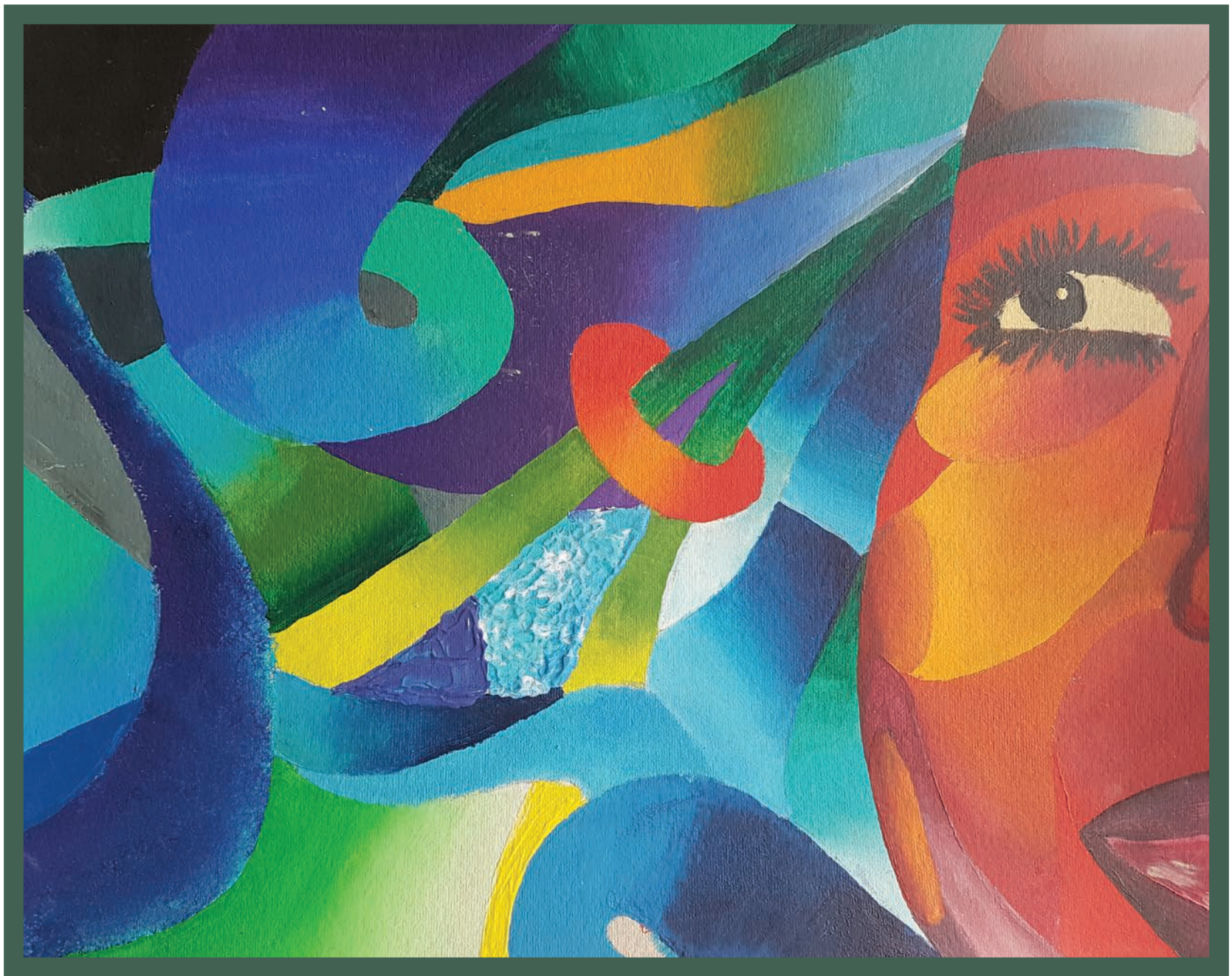


“Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment.”

January 2020

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



“Stop over analysing, life is simple.”

February 2020

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



“Open your mind, arms and heart to new things and people,
we are united in our differences.”

March 2020

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
31	Tues



“The only thing that will make you happy is being happy with who you are,
and not who people think you are.”

April 2020

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



“Difficult roads often lead to beautiful destinations.”

May 2020

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
31	Sun



“Life is better when you cry a little, laugh a lot,
and are thankful for everything you’ve got.”

June 2020

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



“Your purpose in life is to be YOU.”

July 2020

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



“No matter how difficult the past, you can always begin again today.”

August 2020

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	Tue
26	Wed
27	Thur
28	Fri
29	Sat
30	Sun
31	Mon



“When you love what you have, you have everything you need.”

September 2020

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	Thu
25	Fri
26	Sat
27	Sun
28	Mon
29	Tues
30	Wed



“You carry so much love in your heart, don't forget to give some to yourself.”

October 2020

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

World Mental Health Day

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



“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day, saying ‘I will try again tomorrow.’”

November 2020

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	Tue
25	Wed
26	Thur
27	Fri
28	Sat
29	Sun
30	Mon



“Don't feel guilty for doing what's best for you.”

December 2020

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

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- 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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