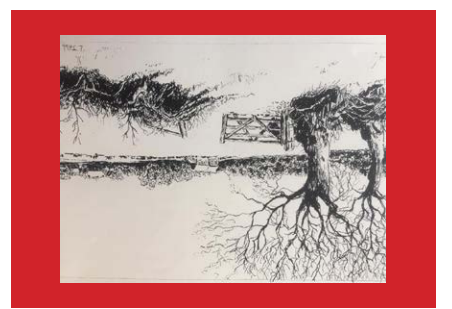
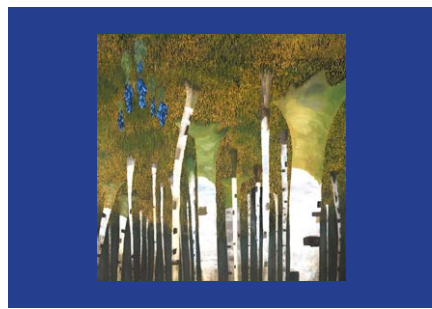
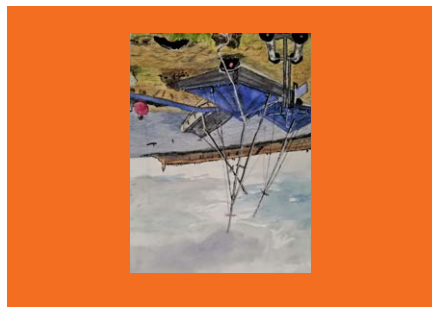
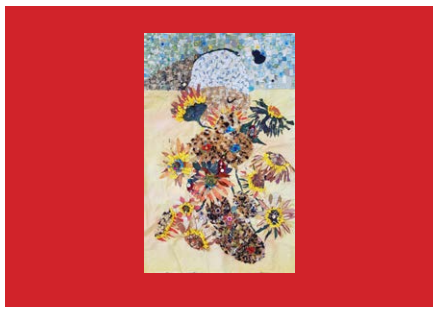
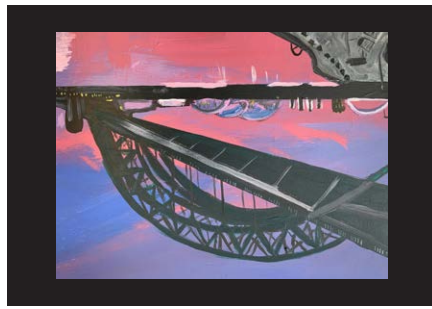
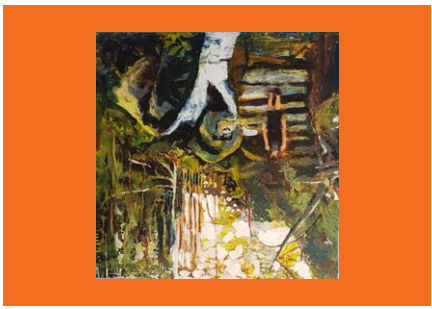




World Mental Health Day Calendar 2021

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



“One of the best lessons you can learn in life
is to master how to remain calm”

January 2021

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



“People will come and go in your life, the right ones will always stay”

February 2021

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



“Dont cry because its over, smile because it happened”

March 2021

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

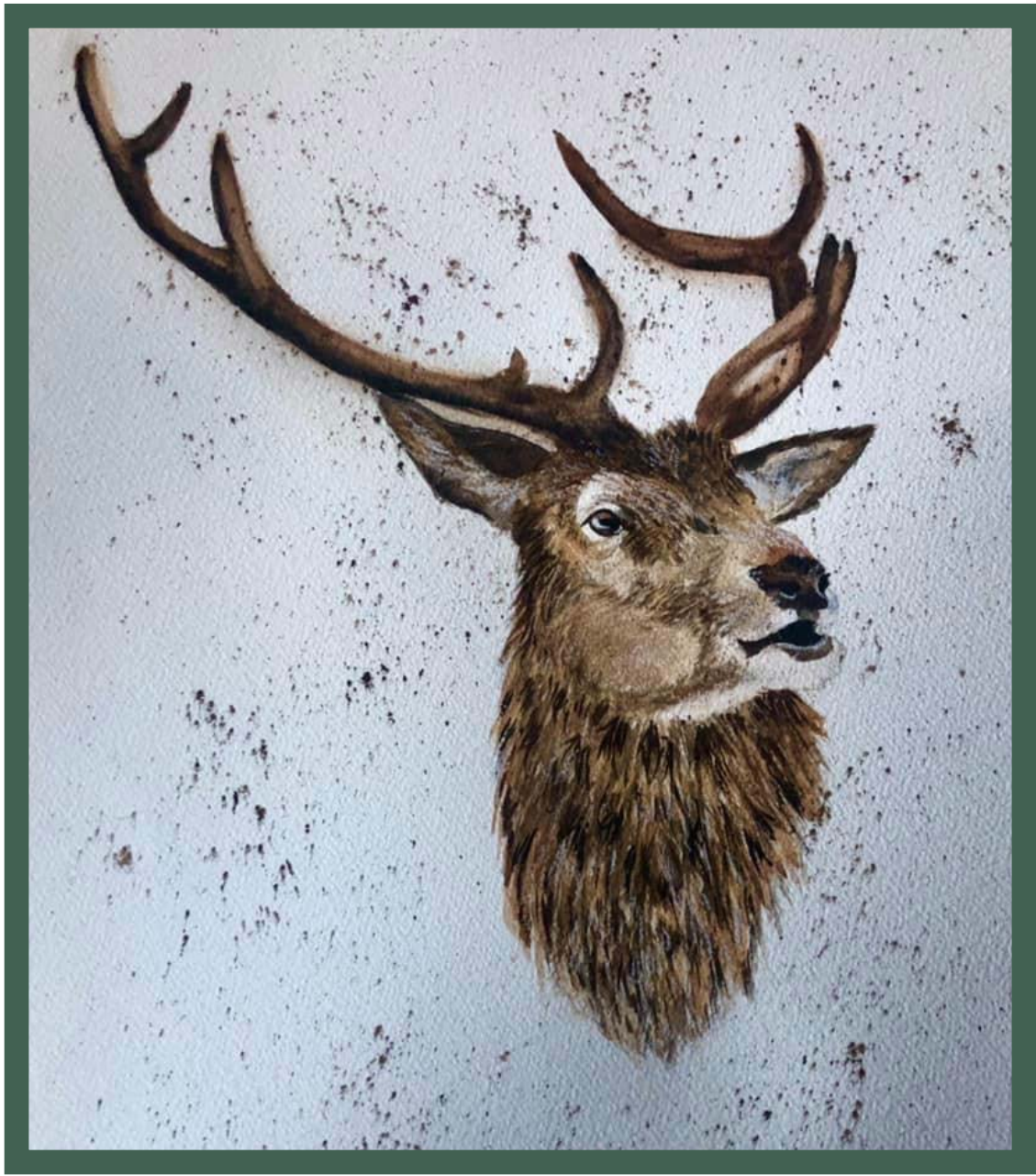


“Life isn’t about finding yourself. Life is about creating yourself”

April 2021

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



“Dont rush things. When the time is right, it will happen.”

May 2021

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



“Your problem isn’t the problem, your reaction is the problem”

June 2021

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



“When you forgive, you heal. When you let go, you grow.”

July 2021

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

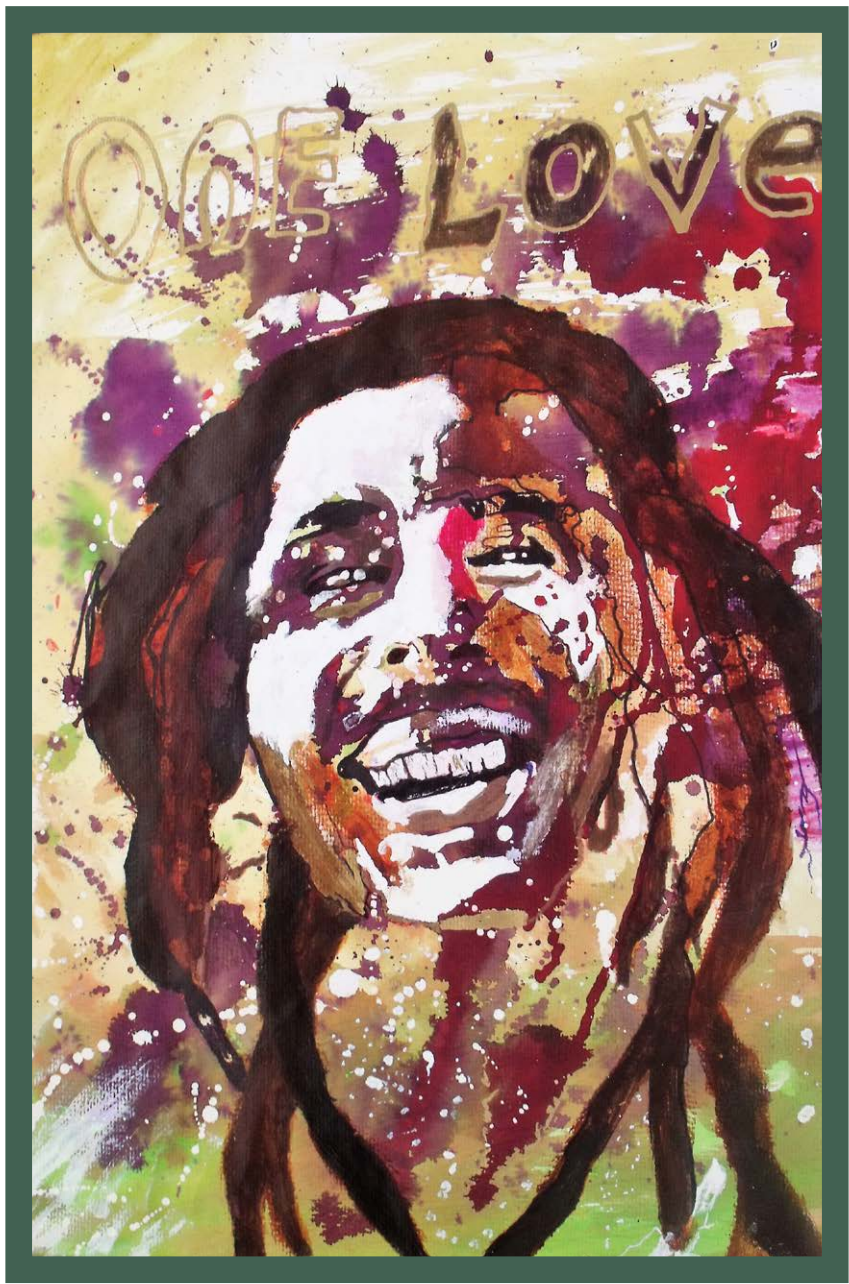


“Love is not what you say. Love is what you do”

August 2021

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
31	Tue



“When you learn to accept instead of expect, you’ll have fewer disappointments”

September 2021

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



“One day you’ll look back and realise that you worried too much about things that don’t really matter”

October 2021

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

World Mental Health Day

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



“Nothing is impossible, the word itself says ‘I’m possible’.”

November 2021

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



“The best thing about the future, is that it comes one day at a time. ”

December 2021

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

List of Contributors



- Art Hub, Northgate Hospital, Morpeth, Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust
- North Tyneside Art Studio, North Shields
- Chilli Studio, Newcastle upon Tyne

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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