

# World Mental Health Day Calendar 2022

This art work has been put together by groups throughout the North East of England supporting people recovering from mental health problems.





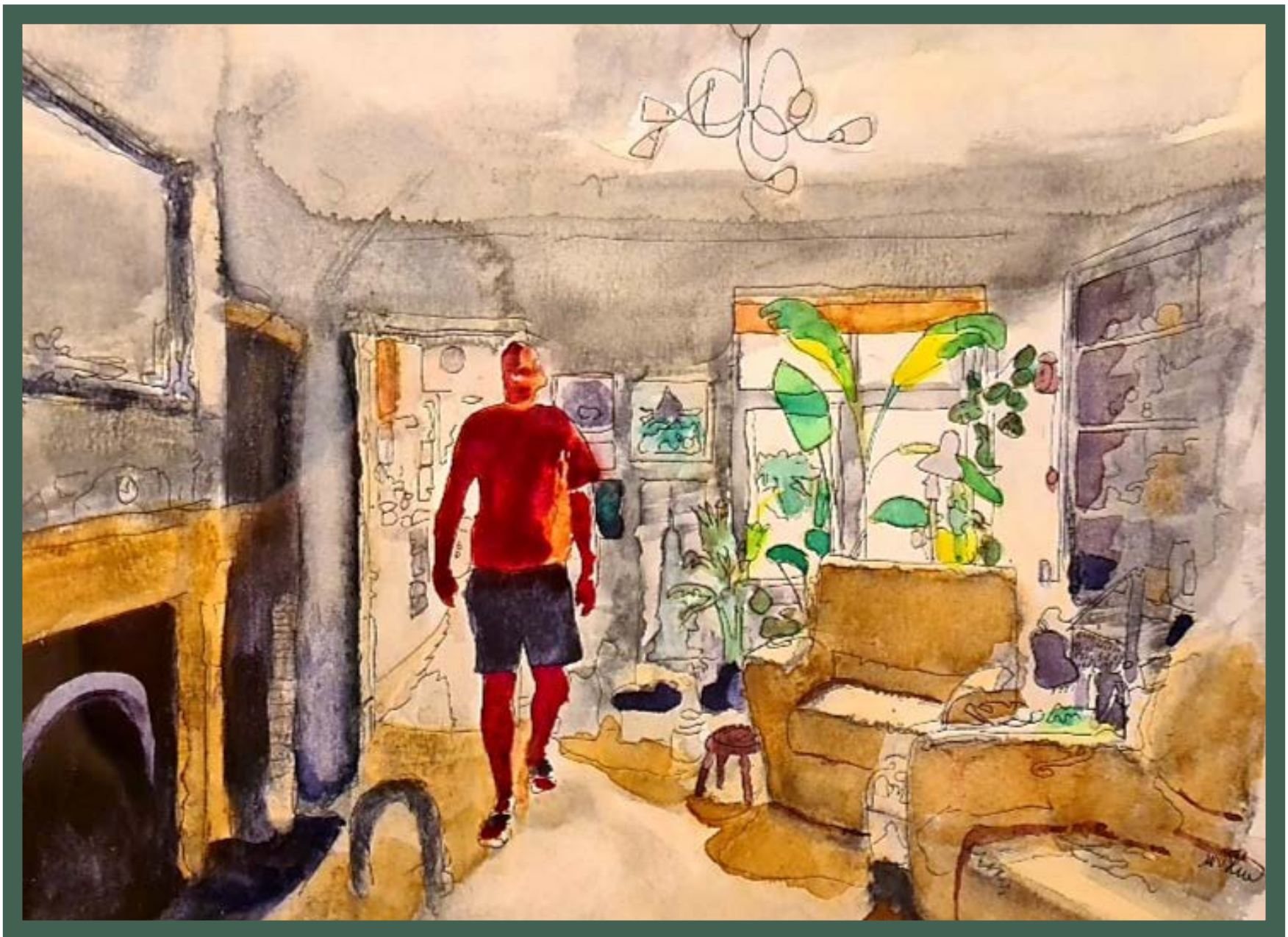
“Life changes begin when you start to make changes.”

# January 2022

|    |      |
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| 1  | Sat  |
| 2  | Sun  |
| 3  | Mon  |
| 4  | Tues |
| 5  | Wed  |
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| 25 | Tues |
| 26 | Wed  |
| 27 | Thur |
| 28 | Fri  |
| 29 | Sat  |
| 30 | Sun  |
| 31 | Mon  |
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"Success always hugs you in private...  
but failure always slaps you in public! That's life."

# February 2022

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| 1  | Tues |
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| 3  | Thur |
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“Waiting for someone else to make you happy  
is the best way to make you sad.”

# March 2022

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| 3  | Thur |
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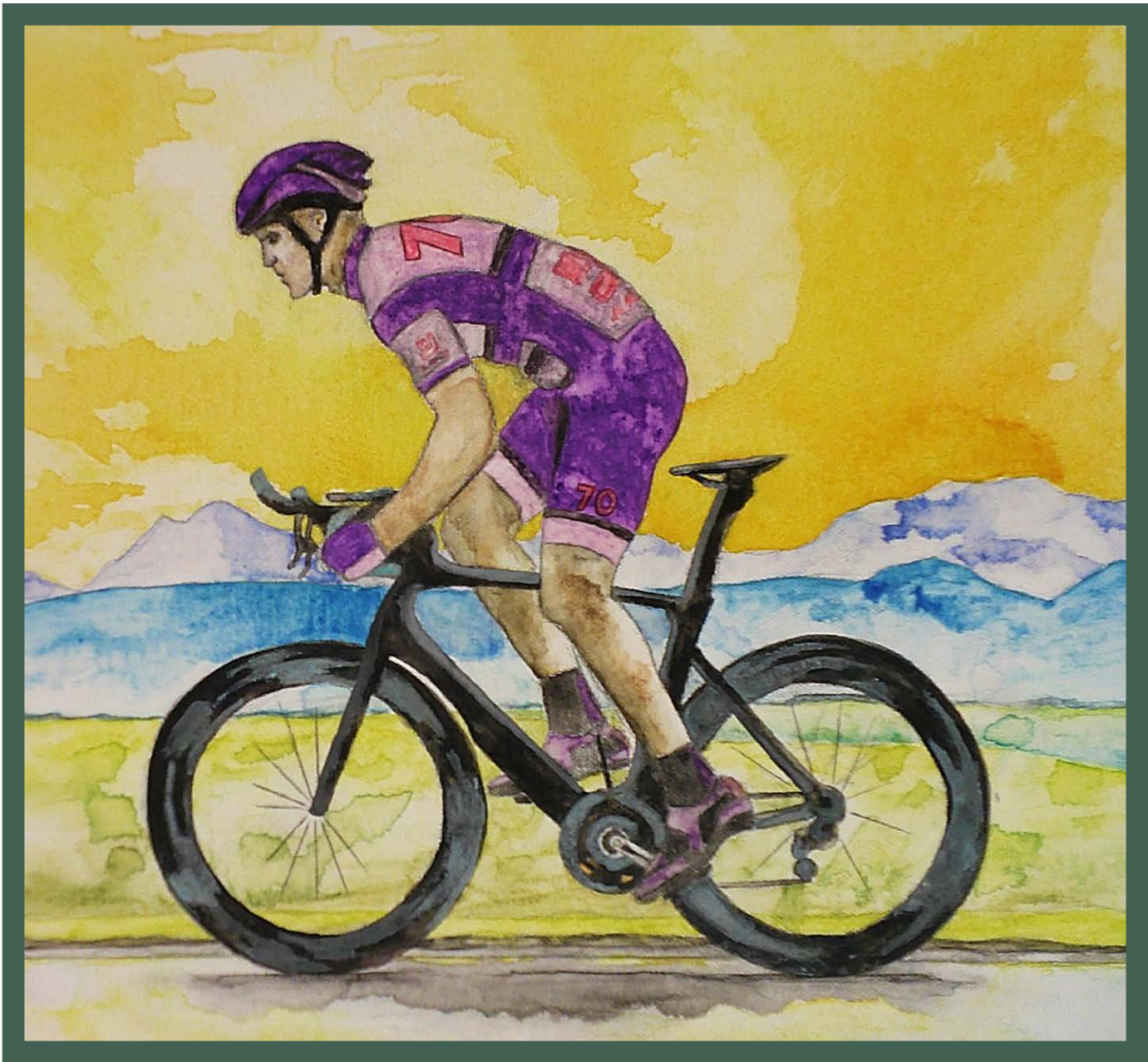
“Remember, you are likely to go through a series of ups & downs on your path to hope.”

# April 2022

|         |
|---------|
| 1 Fri   |
| 2 Sat   |
| 3 Sun   |
| 4 Mon   |
| 5 Tues  |
| 6 Wed   |
| 7 Thur  |
| 8 Fri   |
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“You have the power to change your own reality.”

# May 2022

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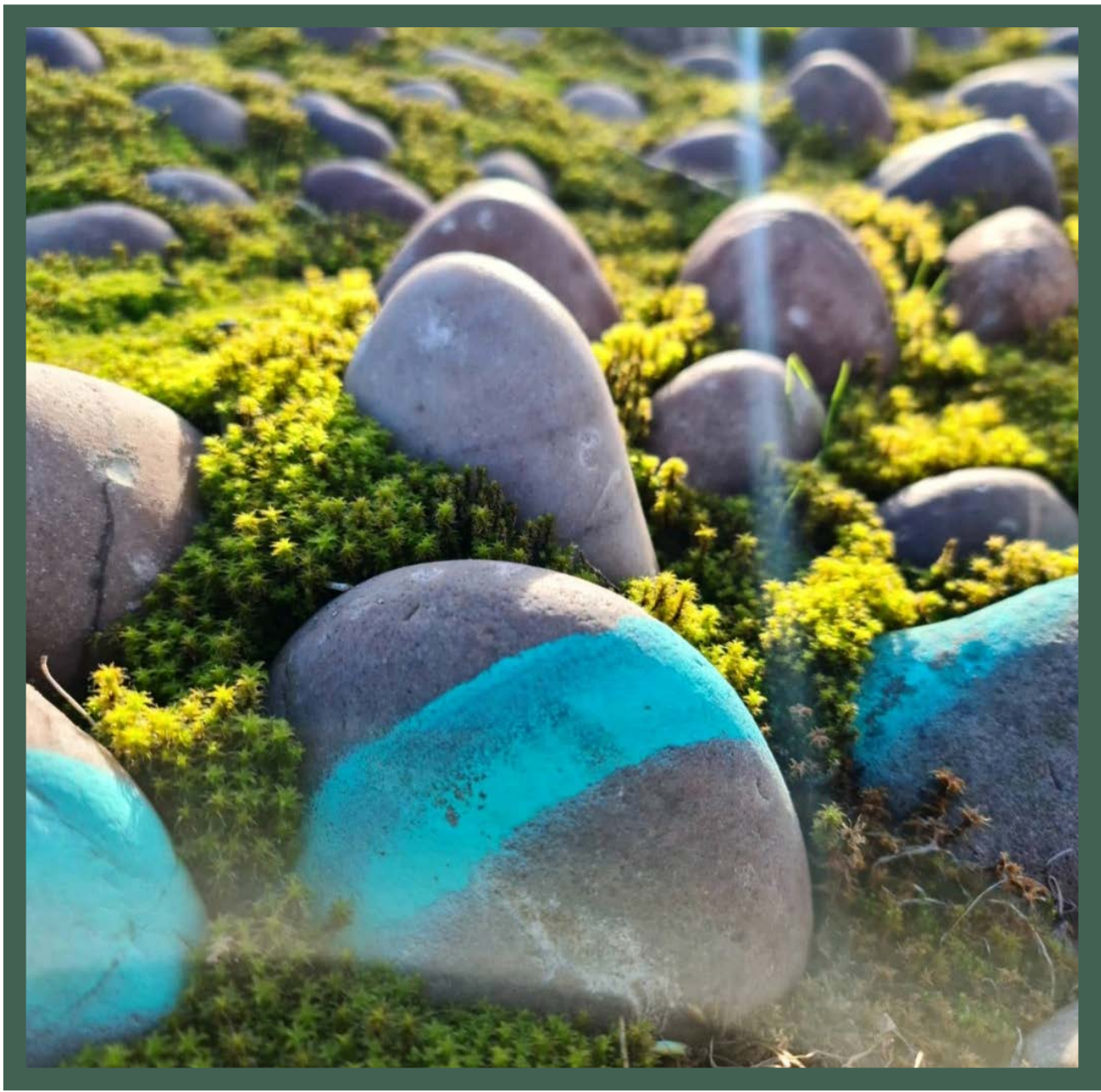
“Failure is simply the opportunity to begin again.  
This time, more intelligently.”

# June 2022

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“Raise your hopes. Low hopes lead to low self-esteem.”

# July 2022

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“Things work out best for those who make the best of how things work out.”

# August 2022

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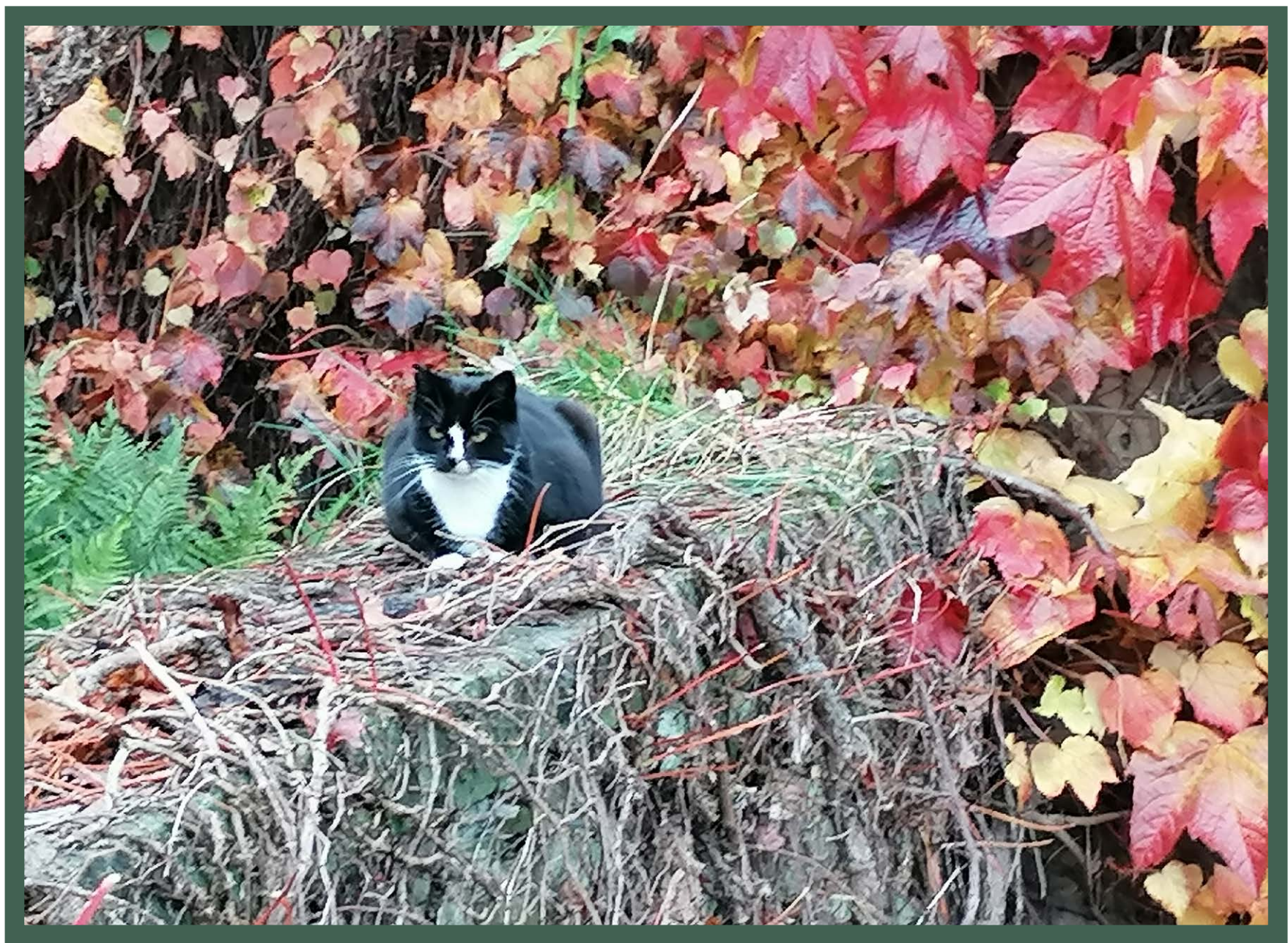
“While I breathe, I hope.  
Comfort zones are only comfortable until we outgrow them.”

# September 2022

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"You can change any self-beliefs that aren't working for you."

# October 2022

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| 6  | Thur |                         |
| 7  | Fri  |                         |
| 8  | Sat  |                         |
| 9  | Sun  |                         |
| 10 | Mon  | World Mental Health Day |
| 11 | Tues |                         |
| 12 | Wed  |                         |
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“Yesterday is history, tomorrow is a mystery, but today is a gift.  
That is why it is called the present.”

# November 2022

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

# December 2022

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### List of Contributors



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Thank you for sending in such a fabulous selection of images. All entrants should be very proud of their achievements. All of the submitted images can be viewed in a Flickr album:

<https://www.flickr.com/photos/aimnortheast/albums/72157720119214973>

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