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World Mental Health Day Calendar 2023

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

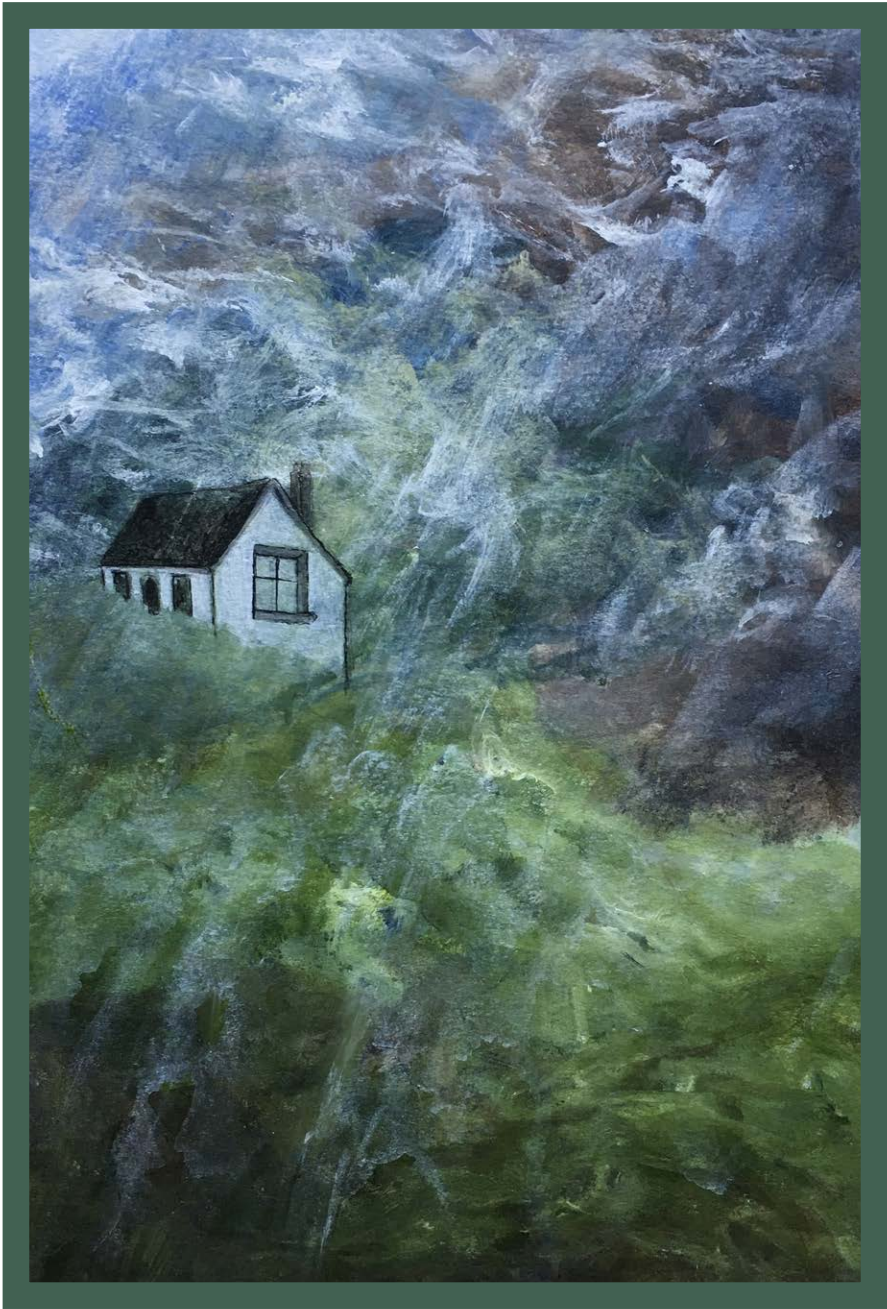


“One day you will realise that material things mean nothing.
All that matters is the well being of the people in your life.”

January 2023

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



“The aim of argument should not be victory, but progress.”

February 2023

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



“In the end we won’t remember the most beautiful face and body.
We will remember the most beautiful heart and soul.”

March 2023

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



“Everybody has the power to make someone else happy.
Some do it by entering the room, while some do it by leaving.”

April 2023

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



“I love people that have no idea how wonderful they are and just wander around making the world a better place.”

May 2023

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



“Life’s so short. Spend it with friends who make you laugh and feel loved.”

June 2023

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



“Someone will always be prettier. Someone will always be smarter.
Someone will always be younger. But they will never be you.”

July 2023

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



“Never underestimate the healing power of listening to your favourite music on full blast, while dancing around the house like an idiot.”

August 2023

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



"I want to sit by the ocean for a while and watch the waves coming in,
forget everything and just breathe."

September 2023

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



“Never regret a day in your life. Good days give you happiness. Bad days give you experience. Worst days give you lessons. And the best days give you memories.”

October 2023

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

World Mental Health Day

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

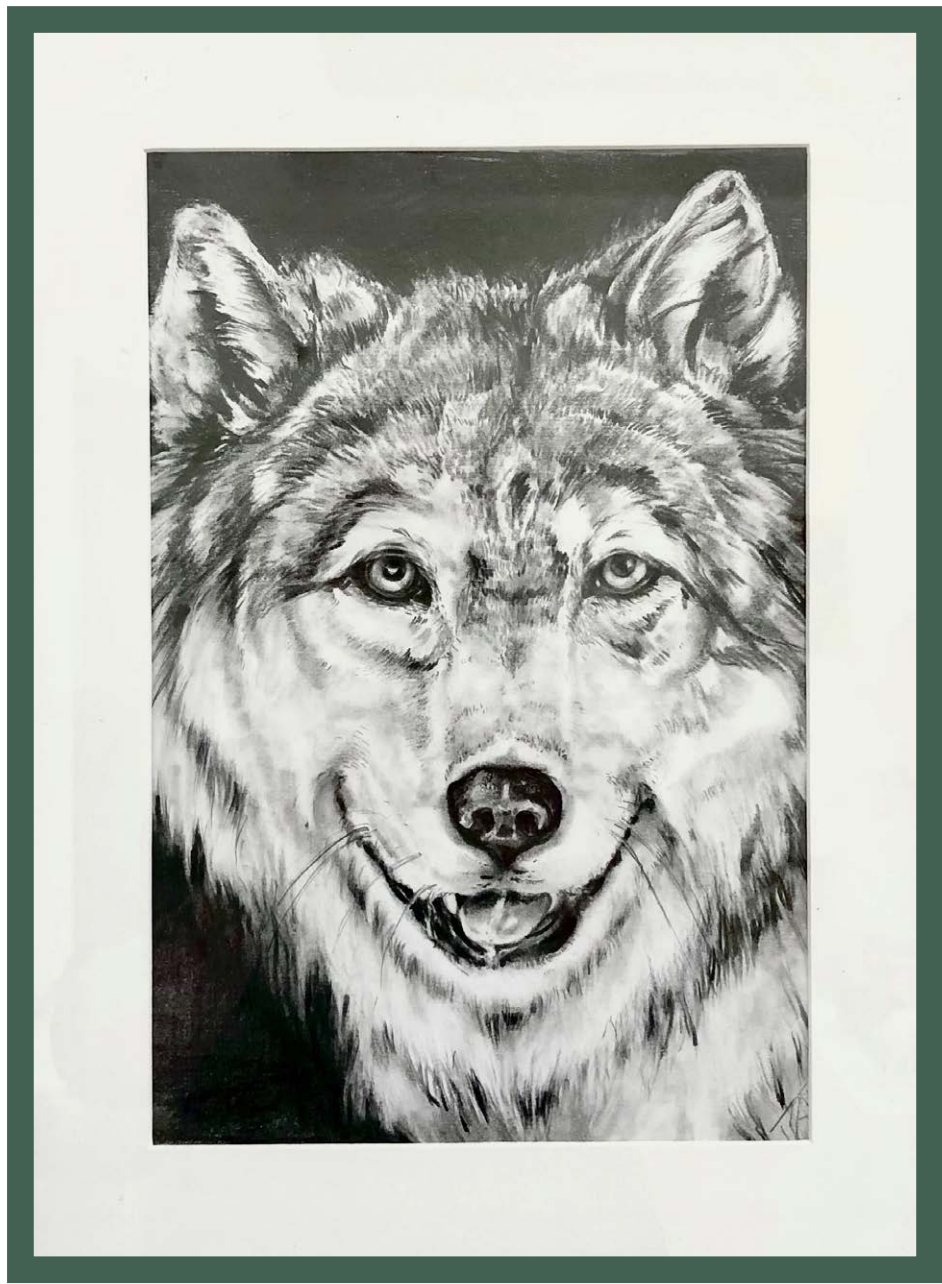


“Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment in life.”

November 2023

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	Tue
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tues
29	Wed
30	Thur



“Today be thankful and think how rich you are.
Your family is priceless, your time is gold, and your health is wealth..”

December 2023

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

We would like to give a huge thank you to the following organisations and businesses for all their help in making this calendar possible.

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Hopewood Park, Ryhope, Sunderland

Bamburgh Clinic, St Nicholas Hospital, Newcastle upon Tyne

This calendar was put together by Altering Images of Mentality, tackling the discrimination and stigma faced by mental health sufferers.

A huge thank you to all the artists who entered their art into our WMHD Calendar competition. The work was immense and very difficult to judge. All the submitted artwork can be found in AIM's Flickr album for the 2023 Calendar (link can be found on the 'Calendars' page of the AIM website).

Scan our QR code below to take you to Altering Images of Mentality website:

