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Registered Charity Number 1098973



World Mental Health Day Calendar 2024

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



“Only ever look back to see how far you have come.”

January 2024

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



“Life is not about waiting for the storm to pass
but learning to dance in the rain.”

February 2024

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



“We don't stop playing because we grow older, we grow old because we stop playing. (George Bernard Shaw)”

March 2024

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



“When someone loves you they don't have to say it,
You can tell by the way they treat you.”

April 2024

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

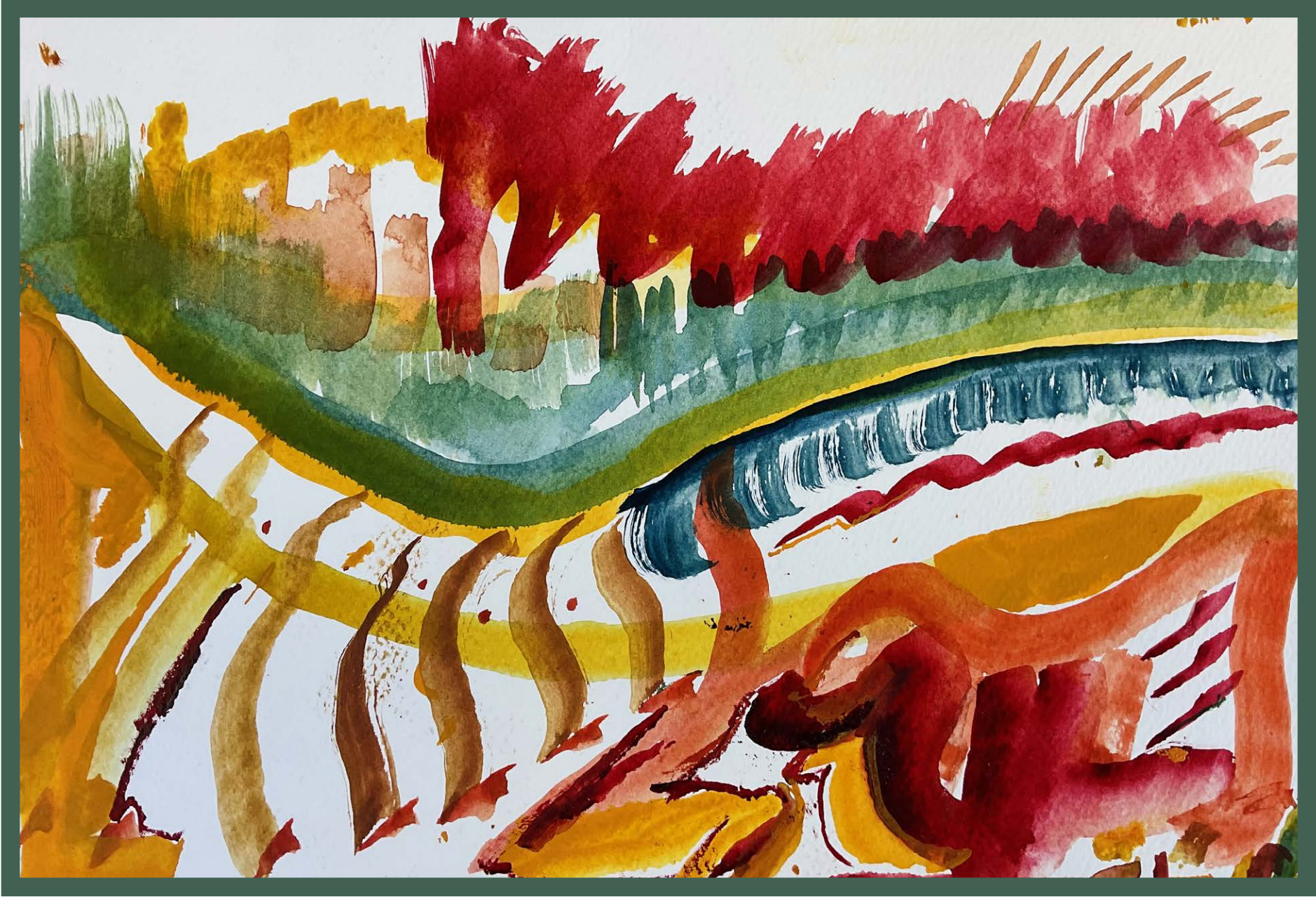


“The difference between a successful person and others is no lack of strength, not a lack of knowledge but rather a lack of will.”

May 2024

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
31	Fri



“Don't worry about failures, worry about the chances you miss when you don't try.”

June 2024

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

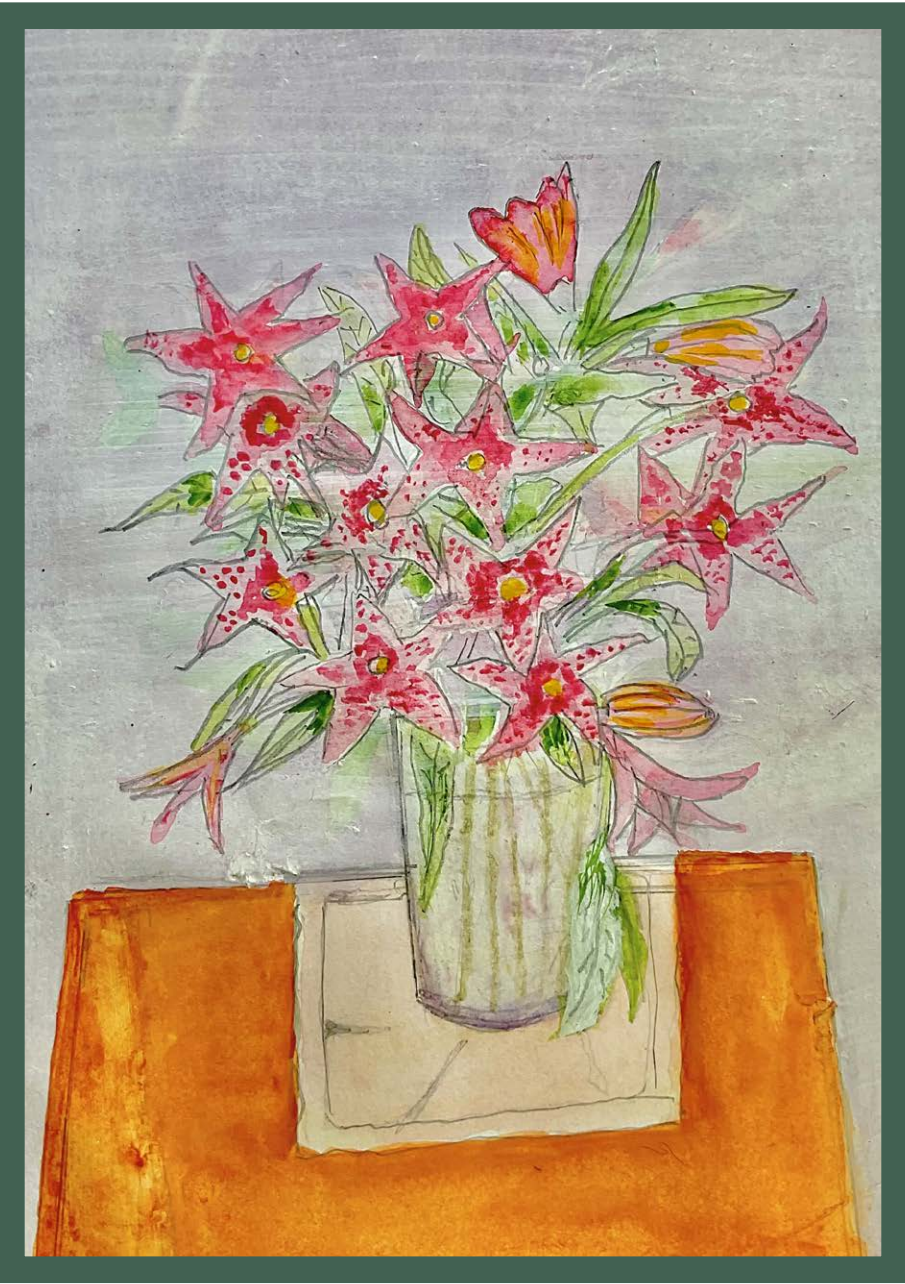


“Over-thinking ruins you, Ruins the situation, Twists things around,
Makes you worry and just makes everything much worse than it actually is.”

July 2024

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



“Your present circumstances don't determine where you can go,
they merely determine where you started.”

August 2024

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



“Not until we are lost do we begin to understand ourselves.”

September 2024

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



“Don’t call it a dream, Call it a plan.”

October 2024

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

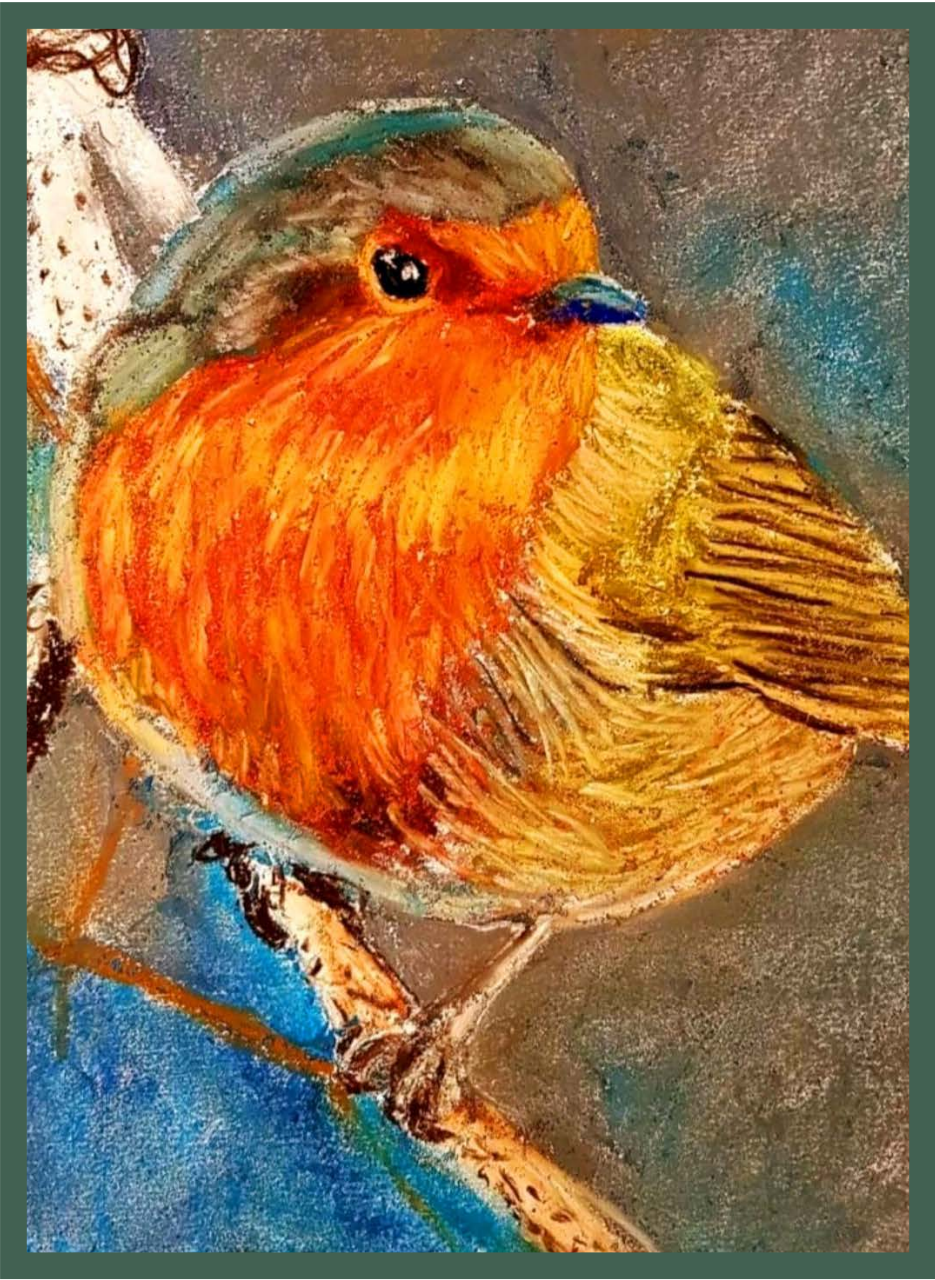


“Mistakes are proof that you are trying.”

November 2024

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



“No matter how good or bad your life is, wake up each morning and be thankful that you still have one.”

December 2024

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

Thank you to the following organisations and their members for all their help in making this calendar possible:

Chilli Studios, The Blackfriars Centre, Newcastle Upon Tyne

North Tyneside Art Studio, Linskill Centre, North Shields

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 of a high standard. All the submitted artwork can be found in AIM's Flickr album for the 2024 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:

