

2026

Prevention & Public Health Awareness Events Calendar

*Prepared by the Prevention Section of the Division of Behavioral Health & Recovery, Health Care Authority
For the purposes of coalition development, community engagement, and unified prevention messaging.*

Some events change dates annually. Confirm you're reviewing the intended year (noted above) before use.

[Visit the Athena Forum website for a list of statewide campaigns and prevention messages.](#)

Contact: dbhrathenateam@hca.wa.gov

Version: 3-13-2026

January

Recognitions and celebrations:

National Blood Donor Month

National Braille Literacy Month

National Mentoring Month

National Slavery and Human Trafficking Prevention Month

[Substance Use Disorder Treatment Month](#)

Key dates and holidays:

1-Jan New Years Day

11-Jan Human Trafficking Awareness Day

19-Jan Martin Luther King Jr. Day

21-Jan World Religion Day

24-Jan International Day of Education

27-Jan International Holocaust Remembrance Day

February

Recognitions and celebrations:

American Heart Month

Black History Month

National Cancer Prevention Month

National Library Lover's Month

Teen Dating Violence Prevention Month

Key dates and holidays:

1-Feb National Freedom Day

2-Feb National Groundhog Day

3-Feb National Missing Persons Day

7-Feb National Black HIV/AIDS Awareness Day

8-Feb Superbowl Sunday

14-Feb Valentine's Day

16-Feb President's Day

17-Feb Random Acts of Kindness Day

17-Feb Lunar New Year

March

Recognitions and celebrations:

Deaf History Month

Developmental Disabilities Awareness Month

[Problem Gambling Awareness Month](#)

Social Work Month

Women's History Month

Key dates and holidays:

1-Mar Self Injury Awareness Day

2-Mar World Teen Mental Wellness Day

3-Mar World Hearing Day

3-Mar Hina Matsuri

3-Mar Lantern Festival

4-Mar Holi

6-Mar Black Balloon Day

13-Mar World Sleep Day

13-Mar Eid-al-Fitr

20-Mar International Day of Happiness

22-28 Mar [National Drug and Alcohol Facts Week](#)

31-Mar Transgender Day of Visibility

April

Recognitions and celebrations:

[Alcohol Awareness Month](#)

Arab American Heritage Month

Month of the Military Child

National Minority Health Month

National Stress Awareness Month

National Child Abuse Prevention Month

Key dates and holidays:

1-Apr [Take Down Tobacco Day](#)

1-9 Apr Passover

3-Apr Jane Goodall Day

5-Apr Easter

6-12 Apr [National Public Health Week](#)

11-17 Apr Black Maternal Health Week

12-Apr Orthodox Easter and Ethiopian Orthodox Easter

14-Apr Baisakhi

14-Apr Cambodian New Year

17-Apr [National Clean Out Your Medicine Cabinet Day](#)

- 20-24 Apr [Every Kid Healthy Week](#)
- 25-Apr [National Prescription Drug Take Back Day](#)
- 30-Apr International Jazz Day

May

Recognitions and celebrations:

- Asian American and Pacific Islander Heritage Month
- Jewish American History Month
- [Mental Health Awareness Month](#)

Key dates and holidays:

- 1-May May Day
- 1-May National Lei Day
- 2-May National Fitness Day
- 3-May National Garden Meditation Day
- 3-9 May [Children's Mental Health Awareness Week](#)
- 10-16 May [National Prevention Week](#)
- 6-May Mother's Day
- 12-May National Nurses Day
- 10-16 May National Women's Health Week
- 20-May National Rescue Dog Day
- 25-May Memorial Day
- 30-May National Creativity Day

June

Recognitions and celebrations:

- Alzheimer's Brain Awareness Month
- Disability Pride Month
- Men's Health Month
- National Safety Month
- National Scoliosis Awareness Month
- Pride Month
- Professional Wellness Month
- PTSD Awareness Month

Key dates and holidays:

- 1-7 Jun National CPR and AED Awareness Week
- 4-Jun National SAFE Day
- 6-Jun National Higher Education day
- 7-Jun National Cancer Survivors Day
- 7-Jun World Caring Day
- 8-12 Jun Community Health Improvement Week
- 9-Jun Call Your Doctor Day

13-Jun Random Acts of Light Day
15-21 Jun Men's Health Week
14-Jun Flag Day
15-Jun World Elder Abuse Awareness Day
19-Jun Juneteenth
21-Jun Summer Solstice
21-Jun Father's Day
21-Jun International Yoga Day
25-Jun Ashura
26-Jun [International Day Against Drug Abuse and Illicit Trafficking](#)
27-Jun PTSD Awareness Day
24-30 Jun World Wellbeing Week

July

Recognitions and celebrations:

Disability Pride Month
National Family Reunion Month
National Minority Mental Health Awareness Month
[Social Wellness Month](#)

Key dates and holidays:

2-Jul National Wildland Firefighter Day
4-Jul US Independence Day
7-Jul Global Forgiveness Day
7-Jul World Chocolate Day
11-Jul World Population Day
13-18 Jul Birth Trauma Awareness Week
15-Jul Youth Skills Day
19-Jul National Ice Cream Day
21-Jul National Be Someone Day
22-Jul World Brain Day
24-Jul International Self-Care Day
30-Jul Day Against Trafficking
30-Jul International Day of Friendship

August

Recognitions and celebrations:

Black Business Month
National Immunization Awareness
National Wellness Month
Summer Sun Safety Month
Children's Eye Health and Safety Month

Key dates and holidays:

1-Aug National Veterans and First Responder Day
7-Aug National Water Balloon Day
9-Aug United National Declaration on the Rights of Indigenous Peoples Day
12-Aug International Youth Day
15-Aug International Relaxation Day
18-Aug Never Give Up Day
21-Aug [Fentanyl Prevention and Awareness Day](#)
22-Aug International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief
26-Aug Women's Equity Day
26-May National Get Checked Day
31-Aug [Overdose Awareness Day](#)

September

Recognitions and celebrations:

Hispanic Heritage Month
National Food Safety Education Month
[National Recovery Month](#)
[Suicide Prevention Awareness Month](#)
Self-Care Awareness Month

Key dates and holidays:

6-12 Sept [National Suicide Prevention Week](#)
10-Sep World Suicide Prevention Day
11-Sep National Day of Service and Remembrance
11-Sep Enkutatash
11-13 Sept Rosh Hashanah
14-Sep [National Sober Day](#)
18-Sep National AIDS and Aging Awareness Day
19-Sep Talk Like a Pirate Day
20-21 Sept Yom Kippur Sept
25-Sep Mid-Autumn Festival / Mooncake Festival
27-Sep National Day of Forgiveness

October

Recognitions and celebrations:

Breast Cancer Awareness Month
Domestic Violence Awareness Month
Emotional Wellness Month
Filipino American History Month
LGBTQIA+ History Month
National Book Month
Bullying Prevention Month
[Medicine Abuse Awareness Month](#)

Substance Use & Misuse Prevention Month

Key dates and holidays:

- 5-11 Oct [Mental Illness Awareness Week](#)
- 10-Oct World Mental Health Day
- 11-Oct International Day of the Girl Child
- 12-Oct Indigenous People's Day
- 16-Oct World Food Day
- 13-31 Oct [Red Ribbon Week](#)
- 24-Oct [National Prescription Drug Take Back Day](#)
- 29-Oct National Cat Day
- 31-Oct Halloween

November

Recognitions and celebrations:

- American Diabetes Month
- Cancer Awareness Month
- Family Caregivers Month
- [Homelessness Awareness Month](#)
- Military Family Month
- Native American Heritage Month

Key dates and holidays:

- 1-Nov All Saints Day
- 1-2 Nov Day of the Dead
- 8-Nov National STEM Day
- 11-Nov Veterans Day
- 13-Nov World Kindness Day
- 19-Nov [Great American Smokeout](#)
- 20-Nov National Rural Health Day
- 26-Nov Thanksgiving
- 27-Nov Native American Heritage Day

December

Recognitions and celebrations:

- HIV/AIDS Awareness Month
- [International Sharps Injury Prevention Awareness Month](#)
- [National Impaired Driving Prevention Month](#)
- Seasonal Affective Disorder (SAD) Month
- Universal Human Rights Month

Key dates and holidays:

- 2-8 Dec [Grief Awareness Week](#)

3-Dec International Day of Persons with Disabilities
4-12 Dec Hanukkah / Chanukah
6-Dec St. Nicholas Feast Day
8-Dec Bodhi Day
10-Dec Human Rights Day
16-24 Dec Simbang Gabi
16-24 Dec Las Posadas de Nochebuena
21-Dec Winter Equinox
25-Dec Christmas
26 Dec - 1 Jan Kwanza
1-Jan New Year's Day