



2023-2024 MENTAL HEALTH AWARENESS Creative Arts Calendar

*Featuring winning selections from the 2022 Creative Arts Contest
in which Texans of all ages promoted mental health awareness by
illustrating their unique challenges and successes.*



“Flowering Hope”
High School —
Honorable Mention
Artist: Gloria H.

Mental Health Facts:

Mental health awareness stigma is a major barrier to people seeking help for a mental health challenge. Break down the stigma and offer help to those experiencing a mental health crisis. Take a Mental Health First Aid class. You can help fight stigma.

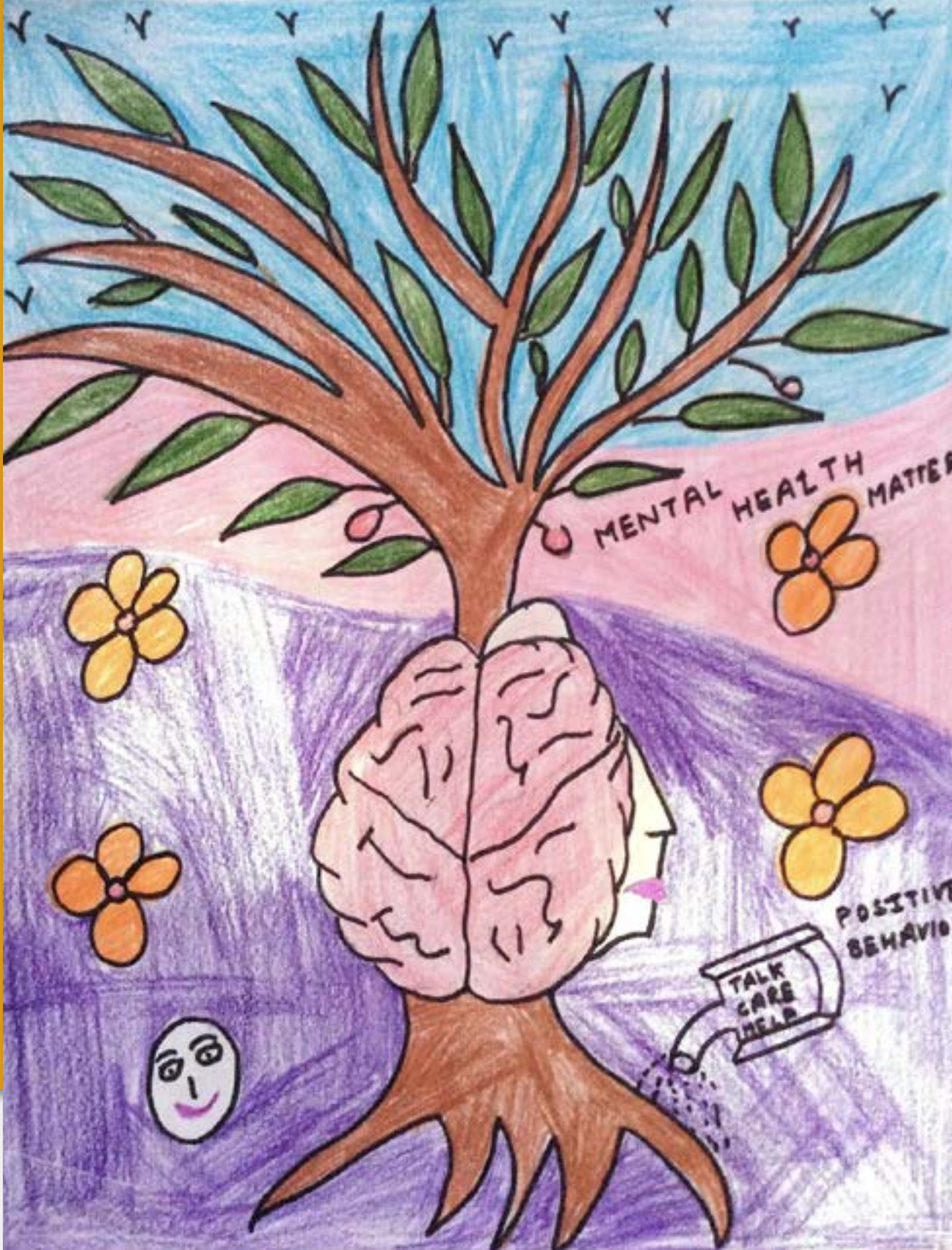
Go to:
mentalhealthfirstaid.org/take-a-course.



July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Minority Mental Health Awareness Month						1
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Parents' Day	24	25	26	27	28	29
30	31					

Resource: Girasol, txicfw.socialwork.utexas.edu/research/project/girasol/, provides training, resources and mental health collaboration opportunities for those serving the immigrant community.



“Positive Behavior and Care Leads to Strong Mental Health, Think Healthy Be Heal”
Elementary School — Honorable Mention
Artist: Aarav G.

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Women's Equality Day
27 LBJ Day	28	29	30	31	National Immunization Awareness Month	

Wellness Activity:

“A quick call to my best friend or one of my family members is a big part of my self-care. Since I work from home, social isolation is REAL.

Reconnecting with my friends and family helps my mood, boosts my energy, and eases my anxiety.”

— Kaylah



“Everything Is Fine”
Adult — Honorable Mention
Artist: Izzabell D.

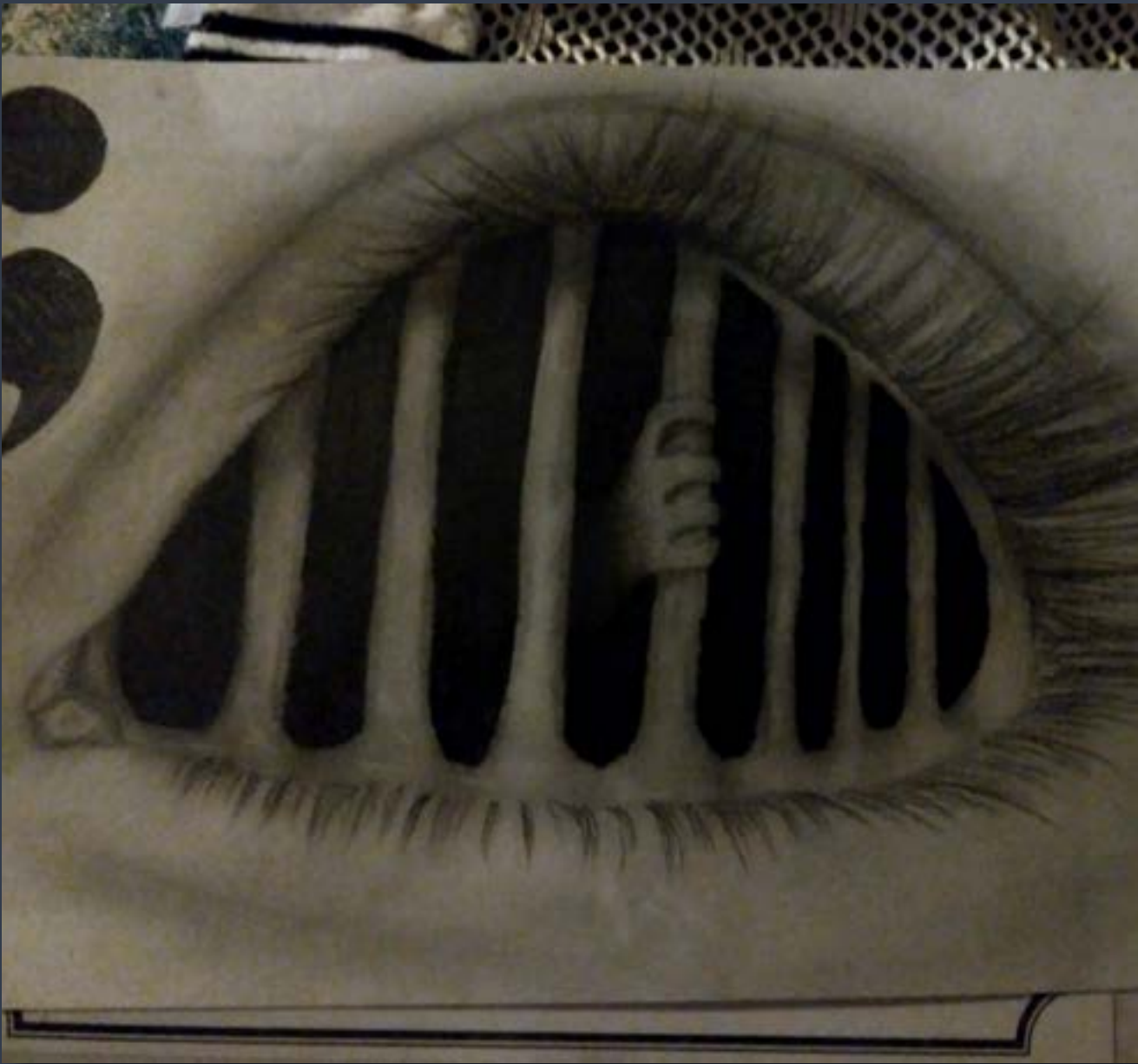
September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Suicide Prevention Awareness Month Hispanic Heritage Month (begins on Sept. 15)					1	2
3	4 Labor Day	5	6	7	8	9
10 World Suicide Prevention Day Grandparents' Day	11 Patriot Day	12	13	14	15 Rosh Hashanah begins (at sunset)	16
17 Constitution & Citizenship Day Rosh Hashanah ends (at sunset)	18	19	20	21	22	23 First day of fall
24 Yom Kippur begins (at sunset)	25 Yom Kippur ends (at sunset)	26	27	28	29 World Heart Day	30

Mental Health Facts:

Suicide is the 10th leading cause of death in the U.S.⁷ In Texas it is the second leading cause of death in people ages 15–34.⁸ Of the people who die by suicide, 54% did not have a known mental health condition.⁵

If you are experiencing an emotional crisis, call, text or chat the Suicide and Crisis Lifeline using 988.



“Trapped”
Middle school —
Honorable Mention
Artist: Alyssa B.

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1Mental Illness Awareness Week begins	2Child Health Day	3	4	5	6	7
8	9Indigenous Peoples Day Columbus Day	10World Mental Health Day	11	12	13	14
15	16National Boss' Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31Halloween	Domestic Violence Awareness Month			

Wellness Activity:

“I do things today that will help future me have a better day tomorrow, like doing my dishes, setting out my clothes for the next day, or working out. They aren’t always fun things, but it sets me up for a successful next day.”
— *Samm Z.*



*“Broken But Growing”
Adult — Honorable Mention
Artist: Melissa S.*

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Daylight Saving Time ends	6	7 Election Day	8	9	10	11 Veterans Day
12	13	14	15	16	17	18 International Survivors of Suicide Loss Day
19	20	21	22	23 Thanksgiving	24	25
26	27	28	29	30	National Native American Heritage Month	

Mental Health Facts:

Six Parenting Protective Factors:

1. Nurturing and attachment
2. Social connection
3. Concrete supports for parents
4. Knowledge of child development
5. Parental resilience — When raising children, resilience is finding a way to be the parent you want to be.
6. Social and emotional competence of children

Resource: For more information on the parenting protective factors, go to [Childwelfare.gov/topics/preventing/promoting/protectfactors/](https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/)





“Untitled”
Adult — Honorable Mention
Artist: Toni B.

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Human Rights Month					1 World AIDS Day	2
3	4	5	6	7 Hanukkah begins Pearl Harbor Day	8	9
10 Humans Rights Day	11	12	13	14	15 Hanukkah ends (at sunset)	16
17	18	19	20	21 First day of winter	22	23
24 Christmas Eve	25 Christmas Day	26 Kwanzaa begins	27	28	29	30
31 New Year's Eve						

Wellness Activity:

“I like to take a little time to knit for self-care. I find the repetitive movement to be meditative. It gives me something uncomplicated to concentrate on and a constant sight of progress.”

— Jenn



“Going ‘Round”
Adult — 3rd Place
Artist: Lauryl E.

Mental Health Facts:

Mental health is as important as physical health. Take care of both by exercising, eating healthy food, finding time to relax and doing other enjoyable activities.

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1New Year's Day Kwanzaa ends	2	3	4	5	6
7	8	9	10	11Human Trafficking Awareness Day	12	13
14	15Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Resource: [Texas Human Trafficking Resource Center](#) provides information for the prevention of human trafficking and resources to people needing support.





“Cut and Paste”
High School — First Place
Artist: Mia P.

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Black History Month American Heart Month				1	2	3
4	5	6	7	8	9	10 Chinese New Year
11	12	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day
18	19 Presidents Day	20	21	22	23	24
25	26 National Eating Disorders Awareness Week begins	27	28	29 Rare Disease Day		

Wellness Activity:

“During the day, I listen to soothing sounds in the Calm cellphone application, or play the ‘Golden Girls’ in my Hulu cellphone application. These sounds and storylines help me to stay centered, and laugh during the workday.”

— Courtney



“Brave”
Elementary Art — 2nd Place
Artist: Baylee H.

Mental Health Facts:

An estimated 30-35% of people with intellectual or developmental disabilities also have a mental illness.³ People with IDD experience trauma at much higher rates than people without IDD.⁴

Learn more:
[HHSC Mental Health Wellness for People with Intellectual & Developmental Disabilities](#)



If you suspect abuse, call HHS Complaint and Incident Intake at 800-458-9858.

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Nutrition Month Social Work Month					1	2 Texas Independence Day
3	4	5	6	7	8	9
10 Daylight Saving Time begins Ramadan begins (evening)	11	12	13	14	15	16
17 St. Patrick's Day	18	19 First day of spring	20	21	22	23
24	25	26	27 César Chávez Day	28	29 Good Friday	30 World Bipolar Awareness Day Passover ends
31 Easter	Developmental Disabilities Awareness Month					

Resource: [The Arc of Texas Whole Person Project](#) seeks to expand access to quality mental health services for adult Texans with intellectual and developmental disabilities.





*“Healing and Growing”
Adult — Third Place
Artist: Diane S.*

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National Public Health Week begins	2 Sexual Assault Day of Action Autism Awareness Day	3	4	5	6
7 World Health Day	8	9 Ramadan ends (at sunset)	10	11	12	13
14	15 Tax Day	16	17	18	19	20
21 San Jacinto Day	22 Earth Day Passover begins National Youth Violence Prevention Week begins	23	24 Administrative Professionals' Day	25	26	27
28	29	30 Passover ends	Child Abuse Awareness Month Sexual Assault Awareness Month National Autism Awareness Month Arab American Heritage Month			

Wellness Activity:

“I always take my lunch break, no matter how busy I am. It allows me time to step away from my computer, rest my eyes, fuel my body with yummy food, and reset for my afternoon.”

— Jondell



“Reflect”
High School —
Honorable Mention
Artist: Lucia M.

Mental Health Facts:

About 1 in 8 women experience symptoms of postpartum depression.⁵ Signs and symptoms include worrying or feeling overly anxious, angry or distant from your baby.

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Postpartum Depression Awareness Month Jewish American Heritage Month		1	2 National Day of Prayer	3	4	
5 National Children's Mental Health Awareness Week	6	7	8	9 Children's Mental Health Day	10	11
12 Mother's Day	13	14	15 International Day of Families	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

- Older Americans Month
- Mental Health Awareness Month
- Asian American and Pacific Islander Heritage Month

Resource: SAMHSA-Substance Abuse and Mental Health Services Administration. During Mental Health Awareness Month, SAMHSA is raising awareness about the importance of mental health in the lives of all Americans. Check out what SAMHSA is doing and how to get involved!





“Rapture”
High School —
Honorable Mention
Artist: Graceson C.

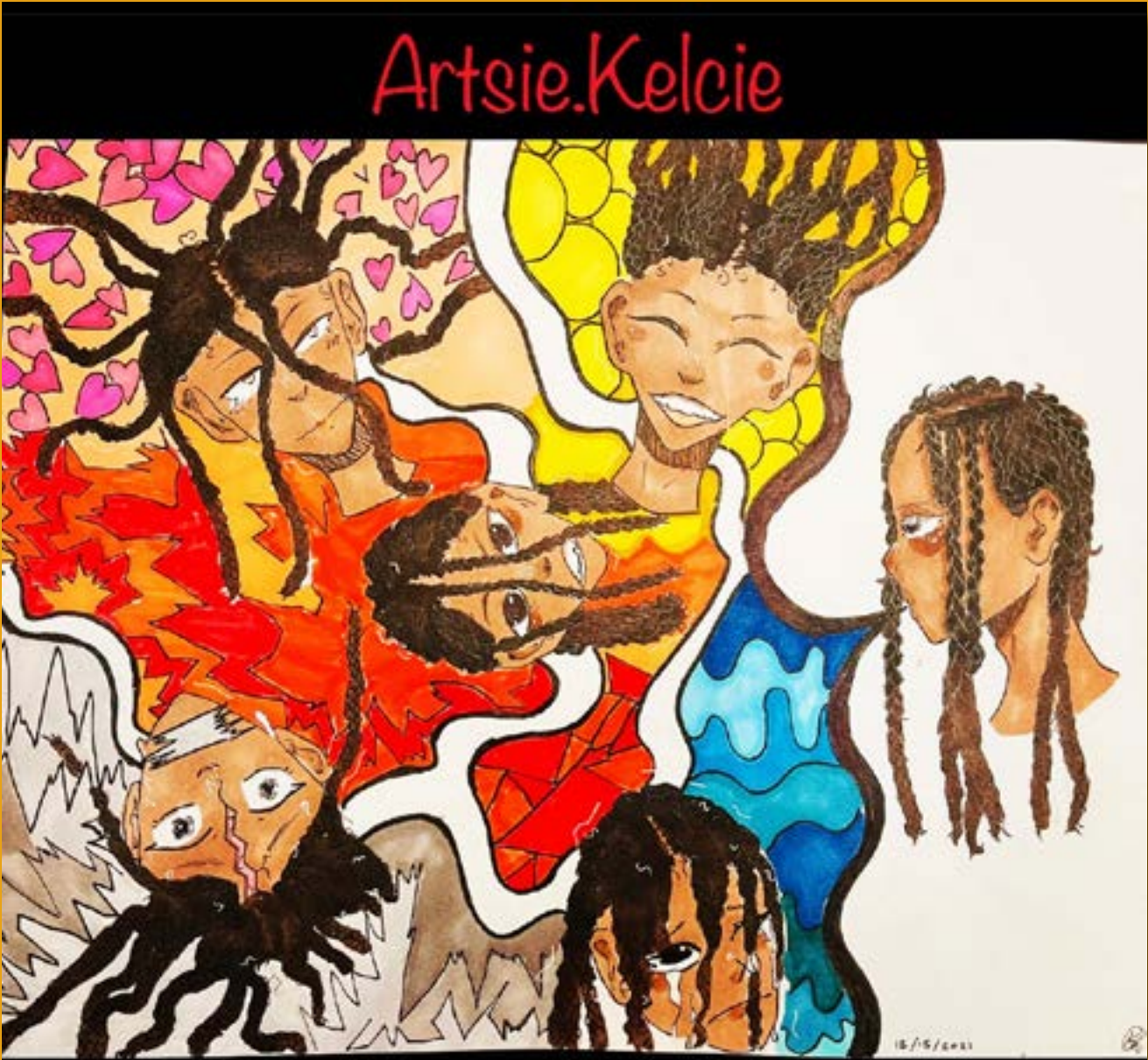
June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Men’s Health Month						1
2	3	4	5	6	7	8
9	10Men’s Health Week begins	11	12	13	14Flag Day	15
16Father’s Day	17	18	19Juneteenth - Emancipation Day	20First day of summer	21	22
23	24	25	26	27	28	29
30						

Wellness Activity

“No matter how bad a day I’m having, I try to take a few minutes and think about something positive in my life, such as a picture, a book I’ve read, a small object that reminds me of a vacation, or even take a few minutes to pet my dog.”

— George



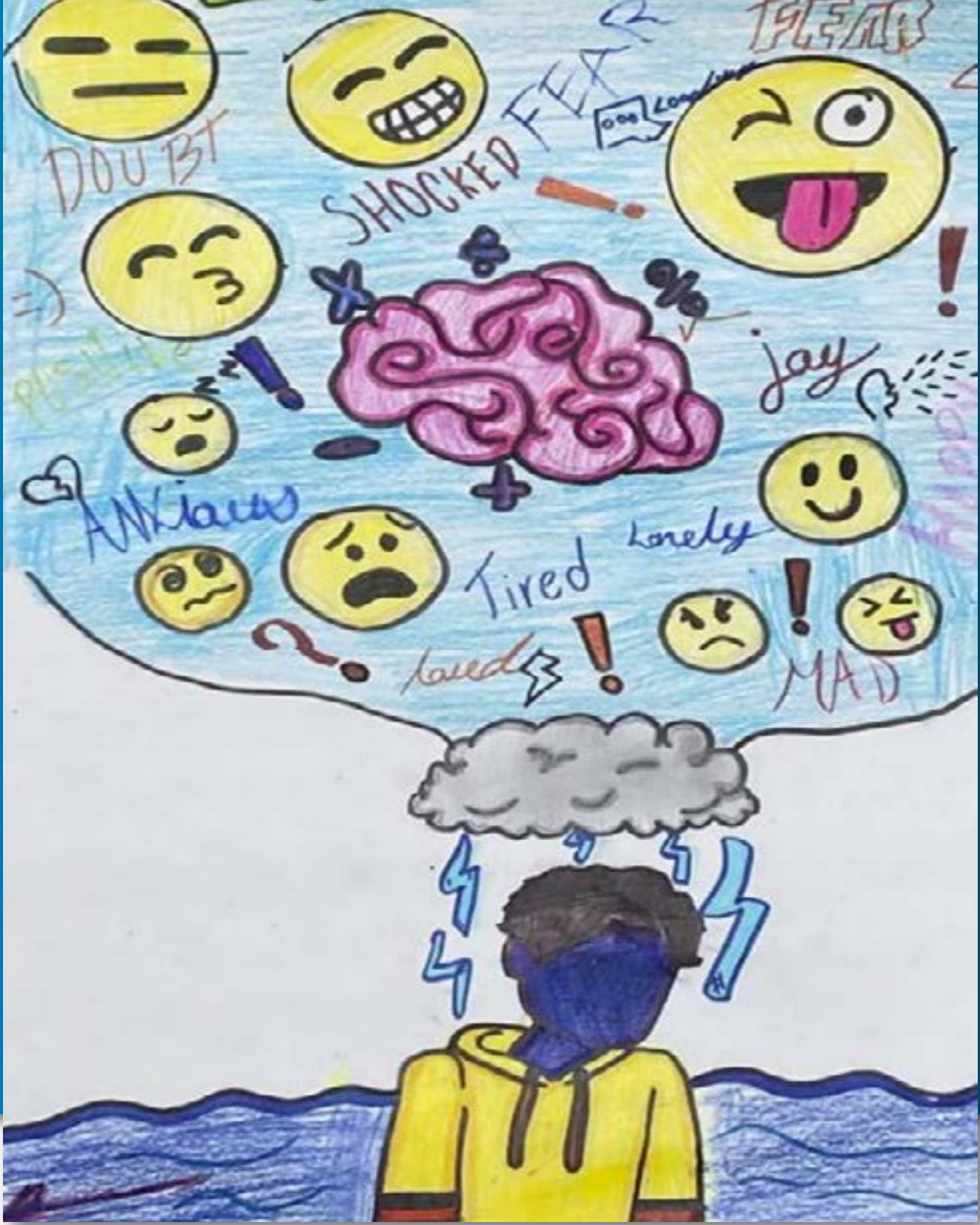
“Images of Emotions”
Middle School — Second Place
Artist: Kelcie A.

Mental Health Facts:

Fifty percent of mental health challenges develop by the age of 14 and 75% develop by the age of 24. The challenges of transitioning to adulthood can be made even more difficult by a mental health or substance use challenge. Finding resources when and where they are needed leads to the best outcomes.

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Parents' Day	29	30	31	National Minority Mental Health Awareness Month		



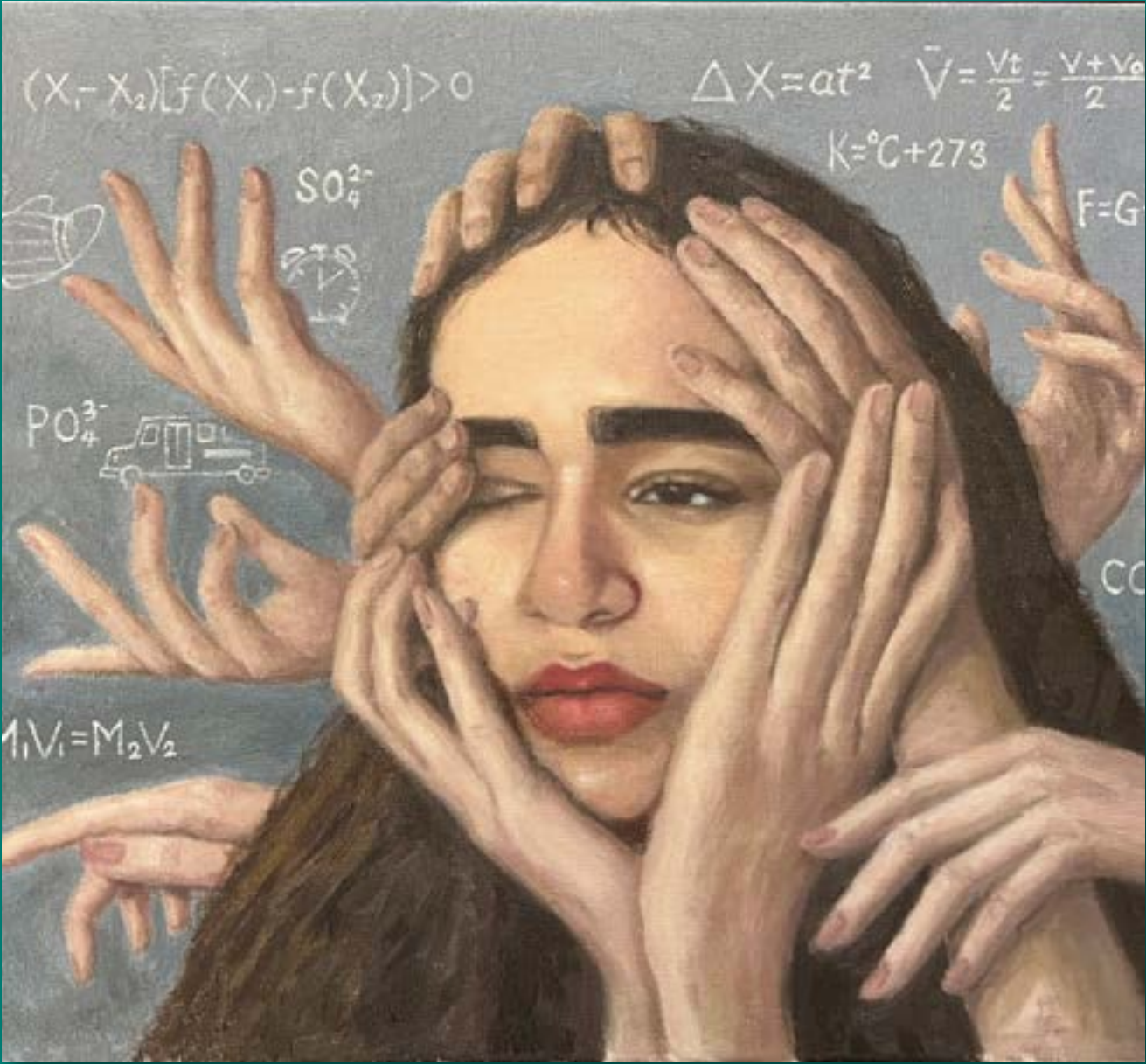
"A Day At School"
Elementary School —
Third Place
Artist: Oscar J.

**Wellness
Activity:**

"I commit to daily morning and night skin care massage and facial routines. Taking time to nurture my skin affects my mind and body. It also boosts my confidence."
— Kathleen

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Immunization Awareness Month				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Tell A Joke Day	17
18	19	20	21	22	23	24
25	26 Women's Equality Day	27 LBJ Day	28	29	30	31



“High-Schooler To Be”
Middle School — First Place
Artist: Vanessa Q.

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7
8 Grandparents' Day	9	10 World Suicide Prevention Day	11 Patriot Day	12	13	14
15	16	17 Constitution and Citizenship Day	18	19	20	21
22 First day of fall	23	24	25	26	27	28
29 World Heart Day	30	Suicide Prevention Awareness Month Hispanic Heritage Month (begins on Sept. 15)				

Mental Health Facts:

The peak ages of onset for psychosis ranges from 15–30 years old.⁶ Signs and symptoms of psychosis include:

- Hearing or seeing things that others do not.
- Unusual thoughts or behaviors.
- Withdrawal from friends and family.
- Becoming fearful or suspicious of others.

Get help for yourself or a loved one today.

Resource: The [Texas School Mental Health](#) website strives to provide districts and campuses with the resources and tools needed to develop a comprehensive school mental health system.





“Cold Rain”
Adult — Second Place
Artist: Ryan O

**Wellness
Activity:**

“Even in the most mundane daily routines, waiting at a red light, folding laundry, washing dishes, applying mascara, I try to be in the moment and concentrate on the activity to experience a few minutes of being grounded.”

— *Nidia*

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Rosh Hashanah begins (at sunset)	3	4 Rosh Hashanah ends (at sunset)	5
6 Mental Illness Awareness Week begins	7 Child Health Day	8	9	10 World Mental Health Day National Depression Screening Day	11 Yom Kippur begins (at sunset)	12 Yom Kippur ends (at sunset)
13	14 Indigenous Peoples Day Columbus Day	15	16 National Boss' Day	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	Domestic Violence Awareness Month	



“Self Care”
High School — Second Place
Artist: Anonymous

Mental Health Facts:

Know the five signs of mental health challenges:

1. Personality change
2. Anxiety, anger or moodiness
3. Social withdrawal or isolation
4. Risky behavior or lack of self-care
5. Hopelessness or feeling overwhelmed

Get help for yourself or a loved one today.

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Native American Heritage Month					1	2
3 Daylight Saving Time ends	4	5 Election Day	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23 International Survivors of Suicide Loss Day
24	25	26	27	28 Thanksgiving	29	30

Resource: Texas Statewide Behavioral Health Coordinating Council has developed [Mentalhealthtx.org](https://www.mentalhealthtx.org), an online resource site to search for resources in Texas. Topics include support and information for substance use, intellectual and developmental disabilities, mental health, crisis hotline information and community mental health agencies.





“A letter for my younger self”
Adult — First Place
Artist: A.B.

Wellness Activity:

“I’m a member of two ‘gratitude groups’ who communicate via text each day, each of us sharing a list of five things for which we’re grateful. Sending my list keeps me positive, and it’s heart-warming and sometimes hilarious to see what others share. Over time, we’ve become closer as we share our journeys.”

— *Laura L.*

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World AIDS Day	2	3	4	5	6	7 Pearl Harbor Remembrance Day
8	9	10 Human Rights Day	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24 Christmas Eve	25 Christmas Day Hanukkah begins (at sunset)	26 Kwanzaa begins	27	28
29	30	31 New Year's Eve	Universal Human Rights Month			

Information and Resources

Mental health issues can affect anyone — children, veterans, retirees, adults, students, teenagers, people who are homeless, and people with disabilities — in any stage of life. These resources can help you find treatment and assistance for yourself or a loved one.

Children and Youth

- Half of all chronic mental illness begins by age 14.⁸
- Suicide is the second leading cause of death for 10- to 24-year-olds.⁸

Find local help:
hhs.texas.gov/services/mental-health-substance-use
Crisis Text Line: 741741
Suicide & Crisis Lifeline: 988 (call/text/chat)
If you suspect abuse: 800-252-5400

Adults and Older Adults

- Suicide is the 10th leading cause of death in the United States.⁶
- Nearly half of all nursing facility residents have a diagnosis of depression.

Find local help:
hhs.texas.gov/services/mental-health-substance-use
If you suspect abuse: 800-458-9858

Mothers and Pregnant Women

- 1 in 8 mothers experience depression after giving birth.⁵
- Postpartum depression often appears one to three weeks after childbirth but may begin during pregnancy or up to a year after birth.

Find local help:
healthytexaswomen.org

People with Intellectual or Developmental Disabilities

- An estimated 30-35% of people with IDD also have mental illness.³
- People with IDD experience trauma at much higher rates than people without IDD.⁴

Learn more:
[Mental Health Wellness for People with Intellectual & Developmental Disabilities](#)
Find local help:
hhs.texas.gov/adrc
If you suspect abuse: 800-458-9858

Substance Use Disorder

- People with a substance use disorder may demonstrate impaired control, risky behaviors, health problems, or failure to meet major responsibilities at work, school or home.⁶

- About 8% of the U.S. population had a substance use disorder in 2014.
- Find local help:
hhs.texas.gov/services/mental-health-substance-use
or 877-541-7905

Acquired Brain Injuries

- Brain injury is the leading cause of death and disability in all people under the age of 44.⁵
- More than 146,000 Texans each year sustain a traumatic brain injury.⁸

Find local help:
hhs.texas.gov/brain-injury
or 512-706-7191

Service Members, Veterans and their Families

- About 19% of returning service members have post-traumatic stress disorder, depression or a traumatic brain injury.²
- Nearly half of all service members who need help don't receive it.⁵

Find confidential support:
veteranscrisisline.net or
militarycrisisline.net
Veterans Crisis Line: dial 988, then press 1
TEXVET — The Texas Veterans App — the free app is simple to use and works on most iPhone and Android phones, download through the Apple app store and Google Play store.

References

¹ American Psychological Association
² National Alliance on Mental Illness
³ NADD (National Association for the Dually Diagnosed)
⁴ The Spectrum Institute
⁵ Centers for Disease Control and Prevention
⁶ Substance Abuse and Mental Health Services Administration
⁷ American Journal of Psychiatry
⁸ National Institute of Mental Health



2023-24

MENTAL HEALTH AWARENESS

Creative Art Calendar



"The Great Balancing Act"
Elementary — First Place
Artist: Raegan F.

History of the Mental Health Awareness Creative Arts Contests in Texas

Children's Mental Health Awareness Creative Arts Contest

The annual CMH Awareness Creative Arts Contest began in 2012 to raise awareness about the importance of children's mental health as a part of healthy development and to celebrate Children's Mental Health Awareness Week in May. Each year, children and youth from across Texas submit art — including posters, written material and digital media — illustrating the theme for that year.

Adult Mental Health Awareness Creative Arts Contest

The AMH Awareness Creative Arts Contest began in 2015 as a poetry contest to celebrate mental health awareness month in May. As interest and participation grew, the contest expanded in 2017 to include visual art.

The contest aims to provide a creative way to start conversations about different manifestations of mental health, struggles and successes that people may encounter, and unique stories of recovery. By personalizing the experience of mental health, we can reduce mystery and raise awareness, encouraging people to seek treatment when needed.

Mental Health Awareness Creative Arts Calendar

At Texas Health and Human Services, mental health awareness activities are led by the Office of Mental Health Coordination. To recognize the numerous high-quality entries submitted to the arts contest, and to promote mental health awareness throughout the entire year, we worked to create and disseminate this calendar to raise mental health awareness. This calendar features winning and honorable mention artwork submitted by children and adults around Texas. As you enjoy the artwork, please use it to start conversations about mental health. Through this art, we hope you will be encouraged to stand up to stigma and help others recognize that all people have value and are not defined by mental health challenges.

To view all of the artists' artwork and winning entries, go to gallery.txsystemofcare.org/winners/ or scan the QR code.



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