

BHEALTHY FOR LIFE

OHIO AWARENESS + EVENT CALENDAR

A colorful, year-round guide for mental health, addiction prevention and recovery outreach

12

MONTHS

40

AWARENESS MOMENTS

64

OHIO EVENT LISTINGS

USE THIS GUIDE TO PLAN

Community partnerships • Employee wellness campaigns • Sponsorships • Vendor outreach • Social content

Connect people to support before a crisis—and keep recovery resources visible all year.

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AWARENESS SPOTLIGHTS

Mental Wellness Month All month Campaign planning and employee wellness	Substance Use Disorder Treatment Month All month Treatment access, evidence-based care and recovery support
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FEATURED OHIO EVENTS • 2 LISTINGS

County	Event	Timing	Marketing opportunity
Franklin	NAMI Ohio Annual Meeting / Education Programming	Usually winter; verify annually	Statewide mental-health education and affiliate networking
Statewide	National Substance Use Disorder Treatment Month	January annually	Statewide campaign; local programs vary

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

Black History Month — Black Mental Health Outreach All month Culturally responsive mental-health education and resources	Teen Dating Violence Awareness Month All month Healthy relationships, safety and trauma-informed support	National Eating Disorders Awareness Week Last week of February Screening, education and treatment resources
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FEATURED OHIO EVENTS • 2 LISTINGS

County	Event	Timing	Marketing opportunity
Delaware	Ohio Problem Gambling Conference	February annually; Feb. 11–12 in 2026	Prevention, intervention, treatment and recovery
Summit	Summit Recovery Hub Sober Super Bowl Party	Super Bowl Sunday annually	Sober community gathering

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

Problem Gambling Awareness Month

All month

Screening, prevention, treatment and recovery

Self-Harm Awareness Month

All month

Education, stigma reduction and connection to care

Sleep Awareness Week

Mid-March

Sleep, emotional wellness and workplace education

FEATURED OHIO EVENTS • 3 LISTINGS

County	Event	Timing	Marketing opportunity
Franklin	Ohio Children's Alliance Annual Conference / Behavioral Health Programming	Usually spring	Child and family behavioral health
Franklin	Ohio Recovery Housing Annual Conference	Usually March or April	Recovery-housing operators and behavioral-health partners
Statewide	Problem Gambling Awareness Month Activities	March annually	Screenings, education and recovery outreach

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

Alcohol Awareness Month

All month

Alcohol-use education, screening and recovery resources

Stress Awareness Month

All month

Stress management, burnout prevention and resilience

Counseling Awareness Month

All month

Promote counseling services and behavioral-health careers

FEATURED OHIO EVENTS • 3 LISTINGS

County	Event	Timing	Marketing opportunity
Franklin	Ohio Mental Health Care Summit / Annual Psychiatric Update	April annually; Apr. 18–19 in 2026	Psychiatry, clinical care and networking
Franklin	Peer Recovery Supporter Community Event and Job Fair	Spring annually; May 13 in 2026	Peer certification, employers and recovery careers
Statewide	Alcohol Awareness Month Activities	April annually	Alcohol-use prevention and education events

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

Mental Health Awareness Month All month Signature month for education, screening and stigma reduction	Maternal Mental Health Awareness Week and Day First week / first Wednesday Perinatal mental-health education, screening and support	Children's Mental Health Awareness Day Early May Children, families, schools and early intervention	National Prevention Week Second week of May Showcase prevention programs and community coalitions
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FEATURED OHIO EVENTS • 8 LISTINGS

County	Event	Timing	Marketing opportunity
Franklin	Ohio Prevention Professionals Association Conference	May annually; May 7 in 2026	Prevention professionals, coalitions and advocates
Franklin	Resiliency Ring Rally at the Ohio Statehouse	May annually	Youth mental-health resilience and advocacy
Hamilton	NAMIWalks Southwest Ohio	May annually; May 9 in 2026	Mental-health awareness, support and fundraising
Holmes	NAMI Wayne & Holmes Walk and 5K for Wellness	May annually; May 2 in 2026	Joint-county mental-health fundraiser
Richland	NAMIWalks Richland County 5K and Fun Walk	May annually; May 30 in 2026	Mental-health awareness and local services
Richland	Party in the Park at South Park	May annually; May 30 in 2026	Free Mental Health Month celebration
Statewide	Mental Health Awareness Month Events	May annually	Walks, screenings, fairs and workplace programs
Wayne	NAMI Wayne & Holmes Walk and 5K for Wellness	May annually; May 2 in 2026	Supports free mental-health services

MARKETING MOVE: Launch a mental-health awareness campaign and invite employers to a BHealthy demo.

AWARENESS SPOTLIGHTS

PTSD Awareness Month

All month

PTSD education, treatment and veteran/community outreach

Men's Health Month — Men's Mental Health

All month

Break stigma and encourage men to seek support

PTSD Awareness Day

June 27

Focused PTSD education and treatment messaging

FEATURED OHIO EVENTS • 4 LISTINGS

County	Event	Timing	Marketing opportunity
Ashtabula	Trauma-Informed Care Summit participation / regional programming	Spring or early summer annually	Trauma-informed behavioral-health practices
Franklin	Ohio Mental Health & Addiction Conference	June annually; June 1–2 in 2026	Full behavioral-health continuum; exhibitor opportunity
Ross	Southern Ohio Prevention Conference	June annually; June 24 in 2026	Prevention education and coalition networking
Statewide	PTSD Awareness Month Activities	June annually	Trauma and PTSD education and support

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

Bebe Moore Campbell National Minority Mental Health Awareness Month All month Mental-health equity and culturally responsive outreach	Social Wellness Month All month Social connection, belonging and isolation prevention
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FEATURED OHIO EVENTS • 3 LISTINGS

County	Event	Timing	Marketing opportunity
Ashtabula	Operation Bridge Day	July annually; July 30 in 2026	Direct connection to treatment and community resources
Franklin	OhioPRO Peer Recovery Summit	July annually; July 8–9 in 2026	Peer recovery education and networking
Franklin	RecoveryOhio Mental Health Day at the Ohio State Fair	During State Fair; date varies	Mental-health and substance-use awareness

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

Substance Use Primary Prevention Month

All month

Highlight prevention's positive effects and inspire action

International Overdose Awareness Day

August 31

Remember lives lost, reduce stigma and distribute naloxone resources

FEATURED OHIO EVENTS • 8 LISTINGS

County	Event	Timing	Marketing opportunity
Ashtabula	Ashtabula County Overdose Awareness Day	Late August annually	Community overdose remembrance and awareness
Franklin	Addiction Studies Institute	August annually; Aug. 5–7 in 2026	Substance-use treatment, trauma, ethics and assessment
Franklin	Franklin County Public Health Overdose Awareness Event	August annually; verify date	Overdose awareness and prevention resources
Franklin	Maryhaven Path to Hope	August annually; verify date	Recovery celebration and family activities
Montgomery	Community Overdose Action Team Overdose Awareness Day	August annually	Overdose prevention, remembrance and resources
Richland	We Do Recover at the Jericho Wall	August 31 annually	Overdose Awareness Day recovery event
Statewide	International Overdose Awareness Day Events	August 31 annually	Vigils, memorials, naloxone and resource fairs
Summit	Summit Recovery Hub Overdose Awareness Day	August 31 annually	Honors lives lost and celebrates recovery

MARKETING MOVE: Center outreach on overdose prevention, naloxone access and compassionate recovery support.

AWARENESS SPOTLIGHTS

National Recovery Month All month Celebrate recovery and promote treatment and peer support	Suicide Prevention Month All month Spread hope, recognize warning signs and promote 988	National Suicide Prevention Week Week containing September 10 Education, outreach and community action	World Suicide Prevention Day September 10 Suicide-prevention action and remembrance
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FEATURED OHIO EVENTS • 19 LISTINGS

County	Event	Timing	Marketing opportunity
Athens	AFSP Southeast Ohio Out of the Darkness Walk	September annually; Sept. 19 in 2026	Suicide prevention, remembrance and fundraising
Cuyahoga	AFSP Cleveland Out of the Darkness Walk	Fall annually	Suicide prevention and remembrance
Cuyahoga	Light Up the Night for Recovery	September annually	Evening recovery awareness gathering
Erie	Sandusky Recovery Walk	September annually	Family-friendly event supporting sobriety
Franklin	AFSP Columbus Out of the Darkness Walk	Fall annually	Suicide prevention and remembrance
Franklin	Overcomers on the Move Recovery Bash	September annually	Community recovery celebration
Greene	Hope Spot Hope Fest	September annually; verify date	Family recovery celebration and resources
Hamilton	AFSP Cincinnati Out of the Darkness Walk	Fall annually	Suicide prevention and remembrance
Lake	NAMIWalks Lake County	September annually	Mental-health awareness and fundraising
Montgomery	AFSP Miami Valley Out of the Darkness Walk	Fall annually	Suicide prevention and remembrance
Montgomery	FOA Rally 4 Recovery	Late August or September annually	Large family recovery rally and resources
Portage	Mental Health & Addiction Walk	September annually; verify date	Mental-health and addiction awareness
Richland	Recovery Chili Cook-Off	September annually; Sept. 26 in 2026	Recovery Month event with music and resources
Stark	A Walk for Suicide Awareness	September annually; Sept. 13 in 2026	Remembering and supporting people affected by suicide
Statewide	National Recovery Month Events	September annually	Rallies, walks, festivals and resource fairs
Statewide	Suicide Prevention Month Events	September annually	Walks, trainings, memorials and 988 outreach
Summit	Recovery Day Cookout and Celebration	September annually	Community recovery celebration
Trumbull	ASAP Recovery Rally and Walk	September annually; Sept. 19 in 2026	Resource fair, walk, family activities and lunch
Washington	Washington County Annual Recovery Walk	September annually; Sept. 26 in 2026	Recovery walk, resources and community activities

MARKETING MOVE: Prioritize rallies, walks, sponsor tables and Recovery Month storytelling.

AWARENESS SPOTLIGHTS

National Depression and Mental Health Screening Month All month Promote screening and early connection to care	ADHD Awareness Month All month Education, evaluation and workplace/school support	Emotional Wellness Month All month Self-care, resilience and workplace wellness	Mental Illness Awareness Week First full week Education, stigma reduction and advocacy	World Mental Health Day October 10 Global mental-health education and advocacy	OCD Awareness Week Second full week OCD education, diagnosis and treatment resources	Red Ribbon Week October 23–31 School and community drug-use prevention
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FEATURED OHIO EVENTS • 6 LISTINGS

County	Event	Timing	Marketing opportunity
Franklin	Ohio Society of Addiction Medicine Annual Conference	October annually; Oct. 16 in 2026	Addiction medicine and clinical education
Hamilton	Recovery Friendly Workplaces Panel / Employer Programming	Usually fall; verify annually	Recovery-supportive workplace practices
Lucas	AFSP Toledo Out of the Darkness Walk	Oct. 3 in 2026; fall annually	Suicide prevention and remembrance
Mahoning	Mental Health Matters Walk	October annually; Oct. 3 in 2026	Mental-health awareness and community resources
Statewide	Mental Illness Awareness Week Activities	First full week of October annually	Education, stigma reduction and resources
Statewide	Red Ribbon Week Prevention Events	Oct. 23–31 annually	Youth drug-use prevention activities

MARKETING MOVE: Build employer content around screenings, emotional wellness and Mental Illness Awareness Week.

NOVEMBER

MENTAL HEALTH • ADDICTION • RECOVERY MARKETING CALENDAR

AWARENESS SPOTLIGHTS

National Family Caregivers Month All month Caregiver stress, workplace support and respite resources	Military Family Month All month Military-family stress, trauma and support	Men's Health Awareness Month All month Men's emotional wellness and suicide prevention	International Survivors of Suicide Loss Day Saturday before Thanksgiving Healing, connection and remembrance for loss survivors
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FEATURED OHIO EVENTS • 3 LISTINGS

County	Event	Timing	Marketing opportunity
Stark	Leigh Shaheen Recovery Workforce Scholarship Event Cycle	Applications due in November annually	Supports people in recovery entering behavioral-health fields
Statewide	International Survivors of Suicide Loss Day Gatherings	Saturday before Thanksgiving annually	Connection and healing for suicide-loss survivors
Statewide	National Family Caregivers Month Behavioral-Health Programs	November annually	Caregiver stress, mental health and family support

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

AWARENESS SPOTLIGHTS

National Impaired Driving Prevention Month All month Alcohol/drug-impaired-driving prevention and safe celebrations	Holiday Mental Health and Recovery Support All month Grief support, sober celebrations, crisis resources and connection	Seasonal Affective Disorder Awareness and Screening Winter season Recognize seasonal depression and connect people with care
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FEATURED OHIO EVENTS • 3 LISTINGS

County	Event	Timing	Marketing opportunity
Statewide	Holiday Mental Health and Recovery Support Events	December annually; dates vary	Sober holiday gatherings, grief support and resource outreach
Statewide	National Impaired Driving Prevention Month Activities	December annually	Alcohol and drug-impaired-driving prevention
Summit	Summit Recovery Hub Holiday Recovery Activities	December annually; verify schedule	Peer-led sober holiday community support

MARKETING MOVE: Contact organizers 60–120 days ahead for sponsorship, exhibit and partnership opportunities.

MAKE EVERY MONTH A MOMENT FOR CONNECTION

BHealthy helps organizations keep trusted resources, education and support within reach.

CONNECT

Link people with trusted mental-health and recovery resources.

EDUCATE

Share timely wellness content throughout the year.

SUPPORT

Strengthen employees, families and communities.

LET'S BUILD A HEALTHIER, MORE CONNECTED OHIO.

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