

# OCTOBER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**OCTOBER FOCUS**  
Make your team, your patients and your own mental health a priority this month!

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• BORDERLINE PERSONALITY DISORDER (BPD) AWARENESS WEEK

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• WORLD MENTAL HEALTH DAY

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• NATIONAL CARERS WEEK

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• NATIONAL NUTRITION WEEK (TRY FOR 5)

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• INTERNATIONAL PREGNANCY AND INFANT LOSS REMEMBRANCE DAY

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**ALL MONTH:**  
• MENTAL HEALTH MONTH  
• BREAST CANCER AWARENESS MONTH  
• BLEEDING DISORDERS AWARENESS MONTH