

# MAY 2026

## National Health Observances

[American Stroke Month](#)

[Arthritis Awareness Month](#)

[Food Allergy Action Month](#)

[Healthy Vision Month](#)

[Mental Health Month](#)

[National Asthma and Allergy Awareness Month](#)

[National Speech-Language-Hearing Month](#)

[Older Americans Month](#)

[Skin Cancer Awareness Month](#)

[Women's Health Month](#)

## FEATURED NHO

### Mental Health Month

Mental illnesses are some of the most common health conditions in the country. In fact, the National Alliance on Mental Illness reports that 1 in 5 adults live with a mental illness. Mental health can change over time due to various factors like stress and work-life balance. While there are more than 200 types of mental health disorders, the most common ones are anxiety disorders and major depression. Mental health conditions can look different for everyone.

This month, check in on yourself and others. Americans can call or text 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, and other emotional struggles.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02
03	04	05 Cinco de Mayo	06	07	08	09
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					