

ELEVATE CALENDAR

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Pride Month What about their mental health problems? Read here
2 Watch: Prevalence of Mental Health Issues Among LGBTQ+ Population	3 TED Talk: The Power of LGBTQ+ Allyship for Mental Health Care	4 Read: Recognizing Intersectional Barriers to Mental Health Care	5 Read: The Seven Husbands of Evelyn Hugo	6 Watch: A Secret Love	07 Read: Heartstopper by Alice Oseman	08 Listen to: Pride & LGBTQ Mental Health
09 Post-Traumatic Stress Disorder (PTSD) Awareness Month	10 Post Traumatic Stress Disorder (PTSD) Explained	11 How to Heal From PTSD? Listen to this podcast	12 More about PTSD. Listen to this podcast	13 Grounding techniques for PTSD	14 What we can learn about PTSD from Marvel movies	15 8 movies to watch about PTSD
16 Read: How Journaling Can Help With PTSD	17 Powerful film exploring the effects of PTSD	18 The 5 Types of PTSD	19 What is Post Traumatic Growth?	20 How Positive Psychology Can Be Used in the Treatment of PTSD	21 22 Watch: Transformed By Trauma: Stories of Posttraumatic Growth	
23 Explore this Book: What Doesn't Kill Us: A Guide to Overcoming Adversity and Moving Forward	24 Mindful Meditations - Post Traumatic Growth	25 How to Achieve Post-Traumatic Growth	26 What Trauma Taught Me About Resilience	27 Explore this Book: Post-Traumatic Growth to Psychological Wellbeing	28 29 Watch: Dark Night of Our Soul: A Documentary about Post-Traumatic Growth	
30 Create a June Dump and set some intentions for July						



IT'S COMING TO YOUR INBOX!

