

MENTAL HEALTH awareness MONTH

MAY  2023

Join PRS this May to help break the stigma and raise awareness of mental health!





Follow along this month on social media and participate in one, a few, or all of the activities on the calendar! Share your activities with friends and family on social media with #PRSm^{ental}health.

PRsinc.org/mental-health-awareness-month

#PRSm^{ental}health

May 2023

Thank you for being part of Mental Health Awareness Month!

SELF-CARE SUNDAY	RESOURCE MONDAY	TAKE ACTION TUESDAY	WELLNESS WEDNESDAY	THROWBACK THURSDAY	FACT FRIDAY	STAFF SPOTLIGHT SATURDAY
	1 Learn more about PRs programs and services.	2 Make a donation to PRS to support our life-changing and life-saving services: Donate.	3 Take a walk or spend time in nature.	4 PRs opened in 1963 as a social program to assist recently discharged patients, known as The Social Center.	5 1 in 5 U.S. Adults experience mental illness each year. -NAMI	6 PRs employs more than 300 full and part time staff to provide our life-changing and life-saving services.
7 Take time to do something you enjoy, like playing a game or baking.	8 3rd Annual Golf Tournament Benefiting PRs: Learn more.	9 Become a PRs volunteer: Learn more.	10 Take care of your body by drinking enough water and getting plenty of sleep to feel energized throughout the day.	11 In 1994, PRs adopted a new Mission, Vision, Values and name, becoming Psychiatric Rehabilitation Services (PRs).	12 Attend the Pathways to Wellness Conference: RSVP.	13 Family Peer Support Partners are trained parents who use personal experience to support families with youth diagnosed with mental health and/or substance use disorders
14 Learn a new coping skill for stress or anxiety.	15 Learn more about The Eric Monday Foundation.	16 Advocate for public policy changes that support those living with mental illness with NAMI Northern Virginia: Learn more.	17 Incorporate 5-10 minutes of stretching to your morning or evening routine.	18 In 2014, PRs and CrisisLink merged.	19 47.2% of U.S. adults with mental illness received treatment in 2021. -NAMI	20 Join the PRs team! Apply for an open position.
21 Incorporate scheduled self-care time to your weekly schedule. Go to a fitness class, read a book, or take a bath.	22 Learn more about 988 Suicide and Crisis Lifeline.	23 Host a donation drive for PRs programs: Learn more.	24 Be creative! Paint, draw, write, or craft to get your creativity flowing.	25 In 2023, PRs is celebrating 60 years of changing and saving lives! Learn more about PRs' history.	26 Suicide is the 2nd leading cause of death among people aged 10-14. -NAMI	27 Learn more about PRs' staff by checking out our staff highlights on Facebook and Instagram.
28 Incorporate journaling into your routine. Write down 3-5 things you are grateful for every morning.	29 Learn more about the Conner Strong Foundation.	30 If you or someone you know is in crisis or thinking about suicide, call 988 immediately.	31 Charge your social battery by calling, texting or spending time with a loved one.	 @PRsincorporated  @PRsincorporated  @PRs_mentalhealth  <p>Changing Lives. Saving Lives.</p>		