# Mental Health Awareness Month

## May 2024

**Self-Care Sunday**
1. Schedule self-care into your week. Here are accessible examples to put in your weekly planner!

2. Learn more about HopeLink programs and services.

3. Find your flow! Enjoy creative expression with our list of benefits and ideas.

4. Write an A-Z gratitude list and keep it somewhere visible.

5. Create or choose a mantra for staying the course. Need inspiration? Our staff has you covered with suggestions!

**Mental Health Monday**
6. 4th Annual Golf Tournament Benefiting HopeLink!

7. Learn more about HopeLink mental health.

8. Do stretching after bed can increase the quality of your sleep. Try these!

9. Learn more about 988.

10. Reframe how you see challenges. Mental Health America’s worksheet is a great guide!

11. Learn how to become a Mental Health Advocate in 7 Steps.

12. Give yourself a ‘hand’ for your mental and physical health with these tips.

13. Assemble your own wellness toolkit. Check out our helpful guide for getting started!

14. Give yourself a screen break - enjoy a puzzle, word search, baking, or movement.

**Take Action Tuesday**
15. Talk about mental health to increase connection and decrease stigma. Here are some conversation starters.

16. Find your flow! Enjoy creative expression with our list of benefits and ideas.

17. Write an A-Z gratitude list and keep it somewhere visible.

18. Send someone a note or text of appreciation.

19. Enjoy funny entertainment like a comedy movie or animal videos.

20. Reframe how you see challenges. Mental Health America’s worksheet is a great guide!

21. Learn how to become a Mental Health Advocate in 7 Steps.

22. Give yourself a ‘hand’ for your mental and physical health with these tips.

23. Journaling what you are grateful for before bed can improve sleep by up to 25% (UC Berkeley).

24. Build on your strengths! Identify 3 character traits or abilities that help you be your best.

25. Practice kindness. The Random Acts of Kindness Foundation shares a 365-day calendar of ideas!

26. Give yourself a screen break - enjoy a puzzle, word search, baking, or movement.

27. Assemble your own wellness toolkit. Check out our helpful guide for getting started!

28. Hopelink appreciates your support! Learn how you can volunteer or donate.

29. Build on your strengths! Identify 3 character traits or abilities that help you be your best.

30. Practice kindness. The Random Acts of Kindness Foundation shares a 365-day calendar of ideas!

31. Suicide is the 2nd leading cause of death in youth ages 10-14 years (NAMI). Learn how you can play a role in prevention (CDC).

**Wellness Wednesday**
1. Declutter spaces in your home, car, or office. Clearing physical clutter helps clear mental clutter.

2. Create your own “Thankful” themed playlist. Here’s ours!

3. 1 in 5 adults and 1 in 6 youth ages 6–17 experience mental illness each year. (NAMI)

4. Shout out to the over 300 staff at HopeLink who are the bridge where hope meets help!

**Thankful Thursday**
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6. Create your own “Thankful” themed playlist. Here’s ours!

7. 1 in 5 adults and 1 in 6 youth ages 6–17 experience mental illness each year. (NAMI)

8. Shout out to the over 300 staff at HopeLink who are the bridge where hope meets help!

**Fact Friday**
9. 34% of US adults with mental illness also experience substance use disorder (NAMI).

10. Join the HopeLink team! Apply for an open position.

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14. Give yourself a ‘hand’ for your mental and physical health with these tips.

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**Spotlight Saturday**
18. Create or choose a mantra for staying the course. Need inspiration? Our staff has you covered with suggestions!

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21. Build on your strengths! Identify 3 character traits or abilities that help you be your best.

22. Practice kindness. The Random Acts of Kindness Foundation shares a 365-day calendar of ideas!

23. Suicide is the 2nd leading cause of death in youth ages 10-14 years (NAMI). Learn how you can play a role in prevention (CDC).

24. Share your best tips for mental health management on HopeLink’s Instagram and Facebook pages.

## Join HopeLink this May to help break the stigma and raise awareness for mental health!

Follow along throughout the month on social media and incorporate the tips and resources into your daily life.

Share your activities with friends and family on social media with #HopeLinkMentalHealth.

[hopelinkbh.org/mental-health-awareness-month](http://hopelinkbh.org/mental-health-awareness-month)

Thank you for being part of Mental Health Awareness Month!