

MENTAL HEALTH awareness MONTH

MAY  2024

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

May 2024



Self-Care SUNDAY	Mental Health MONDAY	Take Action TUESDAY	Wellness WEDNESDAY	Thankful THURSDAY	Fact FRIDAY	Spotlight SATURDAY
			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!
5 Schedule self-care into your week. Here are accessible examples to put in your weekly planner!	6 4th Annual Golf Tournament Benefiting HopeLink!	7 Learn more about HopeLink programs and services.	8 Doing stretches before bed can increase the quality of your sleep. Try these!	6 Write an A-Z gratitude list and keep it somewhere visible.	10 34% of US adults with mental illness also experience substance use disorder (NAMI).	11 Join the HopeLink team! Apply for an open position.
12 Creating a "charging station" in your home is a great way to reset and reflect. Here are some tips to creating an effective space!	13 Learn more about 988.	14 Talk about mental health to increase connection and decrease stigma. Here are some conversation starters.	15 Find your flow! Enjoy creative expression with our list of benefits and ideas.	16 Send someone a note or text of appreciation.	17 Attend the Pathways to Wellness Peer Conference.	18 Create or choose a mantra for staying the course. Need inspiration? Our staff has you covered with suggestions!
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 Depression is the leading cause of disability globally (NAMI).	25 Share your best tips for mental health management on HopeLink's Instagram and Facebook pages.
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 2 nd leading cause of death in youth ages 10-14 years (NAMI). Learn how you can play a role in prevention (CDC).	 @HopeLinkBH 

Thank you for being part of Mental Health Awareness Month!