

MAY IS MENTAL HEALTH MONTH

Mental Health Awareness Activities 2021



Padlet: bit.ly/3vktITx

May 3-7

Awareness

Bring awareness to mental health month by wearing green during the first week of May

Examples: green ribbon, shirt, socks, nails, hair dye

When others ask why green?

You can say:

Example: "to bring awareness that we all have mental health"

May 10-14

Inspire

Inspire and normalize the topic of mental health by using a special zoom background during the second week of May

Examples: access zoom backgrounds from the padlet

Talk about healthy coping strategies:

Example: "I enjoy walks with my dog"

May 17-21

Self-Care Challenge

As part of the self-care challenge, engage in a self-care activity every day during the third week of May & share your activities on the padlet

Example: discuss what mental health self care is, participate in a self care break, gratitude journal, mindfulness, & kindness

May 24-28

Resources/Support

Share a mental health resource, take a resource, or support someone in utilizing a resource

Example: if you have a mental health resource that others could benefit from, please share it on the padlet



May is
Mental Health
Awareness
Month

About Mental Health Month & Mental Health Facts

Why do we have a Mental Health month ?

- It was started in 1949 to spotlight the importance of mental health and wellness
- To fight the stigma associated with mental health
- To raise awareness about mental health
- Educate the public about mental illness

What is mental health versus mental illness ?

- Mental health is how we think, feel and act
- Mental health is how we handle stress, relate to others, and make healthy choices
- Mental illness is a condition that affects a person's thinking, feeling, mood or behavior
- Everyone has mental health but not everyone will have a mental illness
- Some examples of mental illness are depression and anxiety

How common are mental illnesses ?

- More than 50% of people will be diagnosed with a mental illness in their life
- 1 in 5 Americans will experience a mental illness in a given year
- 1 in 5 children, either currently or at some point in their lives, have had a seriously debilitating mental illness
- 1 in 25 Americans live with a serious mental illness
- Among 14 - 18 year olds, 1 in 11 have attempted suicide
- 1 in 6 children will be diagnosed with a mental illness before they are 18 years old

What causes mental illness ?

- Early adverse life experiences, such as abuse or trauma
- Experiences related to other ongoing medical conditions, like cancer
- Biological factors, such as genes or a chemical imbalance in the brain
- Use of alcohol or drugs
- Poor attachments early on in life