











MAY IS MENTAL HEALTH AWARENESS MONTH

interactive activity calendar for NH students, teachers, families, & communities

- click on a day to learn more! -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BUREAU OF STUDENT WELLNESS NH Department of Education</p>			<p>1</p> <p>Take a field trip to the NH State House for Kick-Off Event.</p> 	<p>2</p> <p>Go to nhstudentwellness.org to learn about the Office of Social & Emotional Wellness at the NH DOE.</p>	<p>3</p> <p>Learn more about becoming a mental health advocate.</p>	<p>4</p>  <p>American Foundation for Suicide Prevention</p> <p>Register for one of the American Foundation for Suicide Prevention's Out of the Darkness Walks.</p>
<p>5</p> <p>Attend the NH Fisher Cats game to kick off Children's Mental Health Awareness Week!</p> 	<p>6</p> <p>Schedule a time for Chief Justice Broderick to talk to teens in your life.</p>	 <p>CASEL Educating Hearts. Inspiring Minds.</p> <p>Read about how social-emotional learning supports mental health.</p>	<p>8</p> <p>Familiarize yourself with your school's bullying prevention strategies and policies.</p>	<p>9</p> <p>Organize an awareness campaign or event at your school or in your community to #endthestigma.</p>	<p>10</p> <p>Teach a young child how to self-regulate emotions.</p>	<p>11</p> <p>Ask a child how she/he/they is feeling and really listen, giving your undivided attention.</p>
<p>12</p> <p>Make a connection with your local Family Resource Center.</p>	<p>13</p> <p>Educate yourself about the signs of mental illness.</p>	<p>14</p> <p>Spend the day focused on building one of the 40 Developmental Assets in yourself or a young person.</p>	<p>15</p> <p>Research the history of the green ribbon & the National Federation of Families for Children's Mental Health.</p>	<p>16</p> <p>Spend some time with animals. Don't have a pet? Find your local shelter or visit the NHSPCA to volunteer.</p>	<p>17</p> <p>Bring flowers to your local community mental health center to brighten up the waiting room.</p> 	<p>18</p> <p>Complete a random act of kindness.</p>
<p>19</p> <p>Schedule a screening of <i>Resilience</i>, a film about the impact of Adverse Childhood Experiences.</p>	<p>20</p> <p>Sign up for a Mental Health First Aid or Youth Mental Health First Aid training.</p> 	<p>21</p> <p>Need support? Explore mental health care services in NH.</p>	<p>22</p> <p>Learn something new about someone from another culture and start a conversation about it to show you care.</p>	<p>23</p> <p>Attend the This Is My Brave show in Concord to hear stories from people with lived mental health experiences.</p>	<p>24</p> <p>Download a mindfulness or meditation app and take a mindful minute.</p>	<p>25</p> <p>Take a hike up one of NH's peaks! Physical activity can affect your mental state in a positive way.</p> 
<p>26</p> <p>Write a thank-you note to someone who has helped you during a tough time.</p> 	<p>27</p> <p>Start a conversation with someone who looks like she/he/they could use a listening ear.</p>	<p>28</p> <p>Volunteer locally; doing good makes you feel good!</p>	<p>29</p> <p>Share the National Suicide Prevention Lifeline (1-800-273-TALK) or Crisis Text Line (741741) with a friend who might need it.</p> 	<p>30</p> <p>Learn about the role of a mandated reporter (all adults in NH!) to protect children experiencing abuse and neglect.</p>	<p>31</p> <p>Pledge to be StigmaFree. #endthestigma</p>	<p>Children's Mental Health Awareness Week is May 5-11</p> <p>#MayAndEveryDay</p>