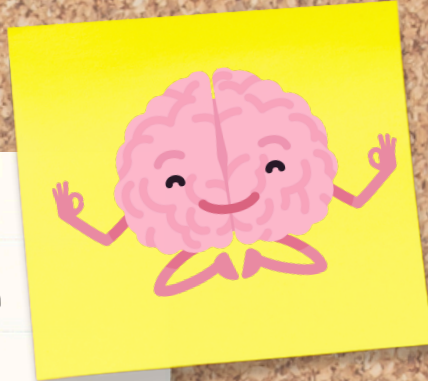




# MAY IS MENTAL HEALTH AWARENESS MONTH



Counseling In Schools  
Awakening Possibilities

01

DID YOU KNOW  
MAY IS MENTAL  
HEALTH  
AWARENESS  
MONTH?

We all make a difference!



CLICK HERE 

6 Ways to Encourage Good  
Mental Health Habits at Home!

Spanish

Chinese

02



03

Additional Resources

2024 Mental Health  
Month Toolkit

Happy Color Pages

5 things I can do for my  
#mentalhealth this week

1. List 5 things I'm grateful for today.
2. Practice positive affirmations.
3. Start a conversation about mental health.
4. Stay hydrated!
5. Take a break from screens.

#MentalHealthMonth

#WhereToStart