

#HopeForChange



Send Date: Monday, May 3rd, 2021

Email Subject: Mental Health Matters Month 2021 - “Hope for Change”

Welcome to Mental Health Matters Month 2021!

During Mental Health Matters Month thousands of individuals, organizations, and communities join together to show their support and bring awareness to the topic of mental health by engaging in a range of activities, from sharing on social media to hosting events that are virtual or follow local health guidelines. The theme for this year’s Mental Health Matters Month Activation Kit is “Hope for Change”. This theme reminds us to spread and rely on the hope that carried us through a year of change!

As the seasons changing remind us, change is an inevitable part of life. This year has brought many unexpected challenges. The Directing Change Program asked youth to reflect on ways in which they have adapted to change and grown as a person with the prompt, ‘Hope for Change’.

Today, promote and screen youth-created short films about ‘Hope for Change’ from Directing Change. Share via social media, email, or host a virtual screening and discussion panel.

Find even more activities and resources in the [May is Mental Health Matters Month Activation Kit Here](#).

Connect with one another throughout the month of May by using the hashtags #HopeForChange
#MayMentalHealthMonth2021