

# #HopeForChange



**Send Date:** Monday, May 24th, 2021

**Email Subject:** "Mental Health Matters Month 2021 - Fostering Connections"

Human beings are inherently social creatures. Feeling socially connected, especially during challenging times, can help improve your quality of life, boost your mental health, and lower levels of stress hormones. Stress and isolation can be particularly challenging, especially during times of physical distancing. Staying connected and harnessing a sense of unity within your community - even virtually - can play a critical role in your health and wellbeing.

As you enter into the last week of Mental Health Matters Month, place a special emphasis on fostering connections and showing your support to those around you:

- View and share mental health PSAs created by youth across California to raise awareness about mental health at [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org).
- Set up the lime green ribbon [Sticky Note Wall](#) at home, in your window, or on the sidewalk as a fun and meaningful way to create awareness and share messages of support with your family or neighbors.
- Use a variety of different art forms to [express your experiences](#) and share them with others.

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