



## MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

*“We don't heal in isolation, but in community.” — S. Kelley Harrell*

Creative self-expression can be a powerful tool to help us heal and maintain our mental wellness. It can also provide a meaningful way to build connections and express our support for those around us. Being part of California's Mental Health Movement means joining thousands of organizations and millions of individuals working to advance mental health. Each Mind Matters was created to unite all of us who share a vision of improved mental health and equality.

This week, help put an end to stigma by expressing unity as part of the mental health movement:

- Create messages of encouragement and hope in front of your house with [Chalk Art](#). Snap a photo and share it on social media. Don't forget to use one of the lime-green ribbon Instagram stickers if you share it on your story!
- Take an active role in suicide prevention. Know the signs, find the words and learn how to reach out at [www.suicideispreventable.org](http://www.suicideispreventable.org).
- 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).
- Learn how to raise your voice in support of mental health and to speak out against stigma. Share how you're part of the movement by taking a pledge to advance mental health in your own way: [www.eachmindmatters.org/get-involved/speak-up/take-a-pledge/](http://www.eachmindmatters.org/get-involved/speak-up/take-a-pledge/).

Find even more activities in Each Mind Matters' [May Activation Kit here!](#)

Connect with Each Mind Matters online throughout the month! Tag @EachMindMatters and use the hashtags #EachMindMatters and #SanaMente.