

# MENTAL HEALTH AWARENESS MONTH: TURN AWARENESS INTO ACTION



## TOGETHER FOR MENTAL HEALTH

May marks Mental Health Awareness Month, a time to come together to raise awareness, reduce stigma, and promote understanding about mental health. This year, the theme "Turn Awareness Into Action" encourages us to go beyond awareness and take tangible steps to support mental well-being in our communities.

As we observe this important month, let's challenge ourselves to think about how we can make a difference—not just for ourselves, but for those around us. Whether it's starting a conversation, volunteering time, or simply being kind, every effort counts toward fostering a healthier, more understanding world.

## WHY MENTAL HEALTH MATTERS

Mental health is essential to overall well-being, yet it is often overlooked or misunderstood. Mental health challenges can affect anyone, regardless of age, background, or life circumstances. During this special month, let's focus on building understanding and creating a culture that values emotional well-being by turning awareness into meaningful action. Addressing mental health issues early and openly can help prevent further challenges and improve quality of life for millions.

## WAYS TO TURN AWARENESS INTO ACTION

This May, consider taking one or more of the following actions to support mental health awareness and demonstrate your commitment to the cause:

- **Start Open Conversations.** Talk about mental health with friends, family, and colleagues. Sharing personal experiences or simply listening can help break the stigma and foster understanding. Action begins with open dialogue. By creating safe spaces for these conversations, we encourage others to feel comfortable seeking help.

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## WAYS TO TURN AWARENESS INTO ACTION (CONTINUED)



- **Support Someone in Need.** Reach out to a friend, neighbor, or loved one who might be struggling. Small gestures, like offering to help with errands or simply being there to listen, can make a big difference. Letting someone know they are not alone can be a powerful form of support.



- **Share Resources.** Use your social media platforms to share helpful information about mental health services, hotlines, and support networks. A simple post can provide life-changing resources to someone in need. Amplifying trusted resources can ensure accurate information reaches those who need it most.



- **Practice Self-Care and Advocate for It.** Prioritize your own mental health by taking time for activities that bring you peace and joy, such as exercise, mindfulness, or creative pursuits. Encourage others to do the same by sharing self-care strategies that work for you. Modeling self-care can inspire those around you to prioritize their well-being.



- **Volunteer or Donate.** Partner with organizations that focus on mental health by donating your time, skills, or resources. Your contributions help sustain vital programs and services. Even a few hours of volunteering can leave a lasting impact on your community.



- **Wear Green for Awareness.** The color green represents mental health awareness. Wearing green or displaying a green ribbon can spark conversations and show solidarity, turning a simple act into a powerful statement. This visible support helps remind others that they are not alone.



- **Educate Yourself and Others.** Learn about common mental health conditions, signs of emotional distress, and how to support someone in crisis. Share your knowledge to empower those around you. The more informed we are, the better equipped we are to make a positive impact.

As we embrace the theme "Turn Awareness Into Action," let's reflect on how we can make lasting changes in our personal lives, workplaces, and communities. Whether it's starting a mental health initiative at work, advocating for better access to mental health care, or simply being there for a friend in need, every action counts.

Remember, small steps can lead to big changes. By turning awareness into action, we can build a society that prioritizes mental well-being and supports everyone on their journey to better mental health.

## WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**