

Hello all,

The month of May is Mental Health Awareness Month. We will dedicate Thursday and Friday to mental health awareness and developing integral skills for reducing anxiety, especially amidst upcoming exams

**Tomorrow During Break:
S+S: Slime and Snacks!**

Come out to the [patio](#) and make slime, eat snacks, and learn the difference between mental health and mental illness. Destress with slime, chat with your friends, and become an advocate as you educate yourself on the differences and can share this discrepancy with others!

**Friday During Lunch:
Chalk the Walk and Bubbles!**

[A Bubble Station](#) - learn a "bubble blowing" belly breath technique to distress and reduce anxiety and then use bubble blowers to fill the campus with bubbles. These techniques are especially beneficial for studying and test performance.

[Chalk the Walk](#) - color and decorate the pathways with art, motivational words, or statements as gentle encouragement through finals week. Learn about the importance of positive thinking and a growth mindset to help offset unhealthy thinking styles that sometimes overtake us when we are stressed.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices — thus proving the importance of understanding what mental health is and learning coping skills to reduce stress and anxiety.

<https://opa.hhs.gov/adolescent-health/mental-health-adolescents>

Thank you in advance for joining the activities

Mental Health Awareness Month

Resources, Facts, and Information

Did you know that 20.6% of U.S. adults (51.5 million people) experienced mental illness in 2019, but **only 43.8% of them received treatment**? Or that 50% of lifetime mental illness begins by age 14, and **75% by age 24**? Or even that **suicide is the 2nd leading cause of death among people aged 10–34** and the **10th leading cause of death overall in the U.S.**? If not, then we are failing as a nation to recognize the importance of mental health awareness. May is **Mental Health Awareness Month**, and it is vital that all of us recognize its significance now more than ever. Whether it impacts you directly, a loved one, or even a peer, mental health is something that affects **everyone**. We must do our job as a community to stay educated on the topic and help those in need.

Click on the links below for further information and resources:

[Take a Mental Health Test | MHA Screening \(mhanational.org\)](#)

[Mental Health Month | Mental Health America \(mhanational.org\)](#)

[Mental Health Month | NAMI: National Alliance on Mental Illness](#)

[Personal Stories | NAMI: National Alliance on Mental Illness](#)

[Resources for Immediate Response | Mental Health America \(mhanational.org\)](#)

Call the NAMI Helpline at

800-950-NAMI

Or in a crisis, text "NAMI" to 741741

You are #NotAlone. End the silence around mental illness because the suicide rate has increased 31% since 2001.

#MENTALHEALTHMATTERS

Public Health Club