

MENTAL HEALTH *awareness* MONTH

MAY



2025

**Join HopeLink this May
to help break the stigma
and raise awareness
for mental health!**

Follow along throughout
the month on social media and
incorporate the tips and resources
into your daily life.

Share your activities with friends
and family on social media with
#HopeLinkMentalHealth.

[hopelinkbh.org/mental-
health-awareness-month](https://hopelinkbh.org/mental-health-awareness-month)

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Self-Care SUNDAY	Mental Health MONDAY	Take Action TUESDAY	Wellness WEDNESDAY	Thankful THURSDAY	Fact FRIDAY	Program Spotlight SATURDAY
<p>Download this calendar and follow along throughout the month!</p> <p>Stay connected: @HopeLinkBH </p>				<p>1</p> <p>Write a card of appreciation to a friend, family member, or someone you care about.</p>	<p>2</p> <p>1 in 5 adults and 1 in 6 youth ages 6-17 experience mental illness each year (NAMI).</p>	<p>3</p> <p>Learn more about our Crisis Services.</p>
<p>4</p> <p>Try a journaling prompt to self-reflect.</p> <p>Here are some examples!</p>	<p>5</p> <p>Learn how to reframe negative thoughts.</p>	<p>6</p> <p>Learn more about HopeLink programs and services.</p>	<p>7</p> <p>Move your body!</p> <p>Add a few minutes of exercise into your daily routine.</p>	<p>8</p> <p>Leave sticky notes with positive sayings in a public area.</p>	<p>9</p> <p>Suicide is the 2nd leading cause of death for youth in the U.S. and 11th leading cause of death for adults in the U.S. (AFSP).</p>	<p>10</p> <p>Learn more about our Adult Services.</p>
<p>11</p> <p>Complete a self-care checklist.</p>	<p>12</p> <p>Learn more about the CHIME model to better understand your recovery journey.</p>	<p>13</p> <p>Volunteer with HopeLink!</p>	<p>14</p> <p>Partner with NAMI and share your story!</p>	<p>15</p> <p>Write a letter to your future self to look at how far you have come on your journey!</p> <p>Here's how.</p>	<p>16</p> <p>Over 49,000 people died by suicide in 2022, averaging to 1 death every 11 minutes (CDC).</p>	<p>17</p> <p>Learn more about our Youth and Young Adult Services.</p>
<p>18</p> <p>Try a new meditation, such as Body Scan Grounding or the 5-4-3-2-1 Grounding technique.</p>	<p>19</p> <p>Learn more about 988, the national suicide and crisis lifeline.</p>	<p>20</p> <p>Donate to our Amazon Wish List to support our programs!</p>	<p>21</p> <p>Focus on creating healthy sleep habits.</p>	<p>22</p> <p>Practice active listening when having conversations with friends and family.</p>	<p>23</p> <p>Almost 50% of U.S. adults with mental illness received treatment in 2021 (NAMI).</p>	<p>24</p> <p>Learn more about our Family Services.</p>
<p>25</p> <p>Try a new self-care activity!</p> <p>Here are some ideas.</p>	<p>26</p> <p>Use the 8 pillars of holistic wellness to improve your overall wellbeing.</p>	<p>27</p> <p>Interested in working for HopeLink?</p> <p>Check out our available job opportunities.</p>	<p>28</p> <p>Develop healthy eating habits that benefit both your body and mind.</p>	<p>29</p> <p>Start a conversation about mental health.</p> <p>Here are some tips!</p>	<p>30</p> <p>Youth (6-17 of age) with mental, emotional, or behavioral concerns are 3x more likely to repeat a grade (NAMI).</p>	<p>31</p> <p>Learn about our Peer Services.</p> <p>Click here to learn how to become a peer.</p>

Thank you for being part of Mental Health Awareness Month!