

MENTAL HEALTH

awareness

MONTH



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

MAY 2026



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>More than 1 in 5 U.S. adults experience mental illness each year (NAMI).</p>	<p>2</p> <p>Learn more about our Crisis Services.</p>
<p>3</p> <p>What is burnout and how can I manage it?</p>	<p>4</p> <p>Learn about common warning signs of mental illness.</p>	<p>5</p> <p>Learn how you can volunteer with HopeLink.</p>	<p>6</p> <p>Learn how to create a healthy, balanced life through SAMHSA's 8 Dimensions of Wellness.</p>	<p>7</p> <p>Practice kindness. The Random Acts of Kindness Foundation shares a year-long calendar of ideas!</p>	<p>8</p> <p>Over 49,000 people died by suicide in 2023 (CDC).</p>	<p>9</p> <p>Learn more about our Psychosocial Rehabilitation Services.</p>
<p>10</p> <p>Create glimmers of joy and safety.</p>	<p>11</p> <p>Learn more about the 988 Suicide & Crisis Lifeline.</p>	<p>12</p> <p>Interested in working for HopeLink? Check out our available job opportunities.</p>	<p>13</p> <p>Spend time with a friend or family member.</p>	<p>14</p> <p>Create a gratitude list by writing down 5 things you're grateful for today.</p>	<p>15</p> <p>More than 1 in 7 U.S. youth ages 6-17 experience a mental health disorder each year (NAMI).</p>	<p>16</p> <p>Learn more about our Outpatient Therapy program.</p>
<p>17</p> <p>Take a screen break! Try reading a book, doing a puzzle, or going on a walk instead.</p>	<p>18</p> <p>Better understand the 6 primary emotions and how they affect you.</p>	<p>19</p> <p>Learn more about HopeLink's comprehensive programs and services.</p>	<p>20</p> <p>Learn how to create healthy lifestyle changes using MHA's worksheet.</p>	<p>21</p> <p>Write a card of appreciation to a friend, family member, or someone you care about.</p>	<p>22</p> <p>More than 70% of U.S. adults with serious mental illness received treatment in 2024 (NAMI).</p>	<p>23</p> <p>Learn more about our Mental Health Skills-Building Service (MHSS).</p>
<p>24</p> <p>Create your own affirmations deck! Here is a printable starter kit.</p>	<p>25</p> <p>Learn more about supporting a loved one who is experiencing mental health challenges.</p>	<p>26</p> <p>Donate to HopeLink's Amazon Wish List to support our programs!</p>	<p>27</p> <p>Check in with yourself using the Hand of Mental and Physical Health.</p>	<p>28</p> <p>Thank yourself today! Write a note to yourself of positive affirmations and accomplishments.</p>	<p>29</p> <p>Suicide is the 2nd leading cause of death among people ages 10-24 (NAMI).</p>	<p>30</p> <p>Learn more about our Transition to Independence Process (TIP) program.</p>
<p>31</p> <p>Try a new self-care activity. Here are some ideas.</p>	<p>THANK YOU</p> <p>for being part of Mental Health Awareness Month!</p>					