

MENTAL HEALTH AWARENESS MONTH TOOLKIT

In Your Community

PARTNER WITH A RESTAURANT

Many restaurants will donate a portion of profits from a designated day or week to support community organizations. Partner with restaurants in your neighborhood to raise money for Elyssa's Mission or another mental health agency of your choice.

HOST A MOVIE NIGHT

Show a movie at your local library that promotes mental health, and hold a Q&A with a qualified mental health professional following the film to discuss key take-aways.

WALK OR RUN FOR MENTAL HEALTH

Find a walk or run dedicated to raising awareness about mental health issues. Here are two races you can check out:

- AFSP's Overnight Walk in Chicago on Saturday, June 13th
- NAMIWalks in Chicago on Sunday, May 3rd

CONTACT ELECTED OFFICIALS

Find out who your local officials are and become an advocate for mental health.

At Work

PENCIL-IN TIME TO DE-STRESS

Take a walk around your building. Carve out time to catch up with co-workers. Take your lunch break.

HOST A LUNCH 'N LEARN

Bring in a speaker or host a webinar about mental health from an expert in the field.

In Your Social Circle

REACH OUT

Reach out to close friends/family if you notice they may be struggling. Share your own challenges if you need support.

POST ON SOCIAL MEDIA

Post inspirational stories, quotes, and facts about mental health on social media. Re-post from trusted sources like Elyssa's Mission.

On an Individual Level

PRACTICE SELF-CARE

- Keep a gratitude journal
- Engage in physical activity
- Engage in a favorite activity/hobby

- Snuggle with your pet
- Practice deep breathing
- Connect with loved ones
- And much more!