



MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

Mental Health Matters Month Online Activity Guide

This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. See below for suggested activities for Week #3.

Week Three (May 17-23) -- 'Express Encouragement'

Take One

We all need some extra encouragement from time to time. [Print and hang this poster](#) to brighten someone's day.

Directing Change

This week Each Mind Matters will announce the statewide winners of the 2020 Directing Change Film Contest. "[Like](#)" [Directing Change on Facebook](#) to join us in celebrating these talented young people.