



# 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 #4.

### *Week Four (May 24-31) --'Express Unity'*

#### **Extend a message of unity through sticky notes!**

The sticky note wall activity is a visually impactful way to show your support. And it can be done in your own home! All you need are some lime green sticky notes and some wall space. Leave positive messages and doodles for your family members, your roommates or yourself! [Click here to get started](#). Then join us in expressing unity behind mental health awareness by sharing your sticky note art on social media with #EachMindMatters.

