



# MAY IS MENTAL HEALTH MONTH



People needing to access services or experiencing a mental health crisis can call the County's 24-hour, multi-lingual Access and Crisis Line at (888) 724-7240.

Resources are also available on the **It's Up to Us website.**

“YOU CAN'T TELL JUST BY LOOKING AT SOMEONE WHAT THEY ARE GOING THROUGH.”

**May 1-31**

## **Recovery International Calendar**

Recovery International (RI) gives people the tools to lead more peaceful and productive lives. RI uses a peer-led, self-help model and is for anyone, anytime, anywhere. Please visit the RI calendar page for events that are free and open to the public in celebration of May Is Mental Health Month.

[Click here for more information.](#)

**May 1-31**

## **Live Well San Diego Trails Challenge**

Nature offers incredible healing powers for our mind and body. Held in partnership with the County of San Diego Department of Parks and Recreation, Park Rangers will be hosting a series of ranger-led hikes each Saturday in May starting May 1.

[Click here for more information.](#)

**May 1-7**

## **Mental Health Therapy**

The Southern Indian Health Council joins the national movement to bring awareness to mental health by promoting advocacy, providing support, and fighting the stigma surrounding seeking help. Each week in May will have a special focus, this week's focus is therapy as a whole.

[Click here for more information.](#)

**May 2-8**

## **Children's Mental Health Awareness Week and Day**

The first week of May, culminating with Children's Mental Health Awareness Day on May 7th, raises awareness about the importance of children's mental health and reminds us that positive mental health is essential for a child's healthy development.

**May 4**

## **Speaking Our Stories**

This event takes place from 12pm to 1pm and will feature the stories of individuals who experienced a personal traumatic experience and their resiliency to live in hope and wellness.

[Click here for more information.](#)

**May 4-6**

## **Mind Out Loud**

This free, three-day virtual event for middle and high school students will provide an opportunity to discuss mental health, connect with peers across California, hear from engaging speakers on mental health awareness and advocacy, learn about suicide prevention, and reduce stigma associated with mental health.

[Click here for more information and to register.](#)

**SCROLL TO NEXT PAGE**



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**May 5**

## **San Diego County Wellness & Recovery Summit**

This annual conference hosted by RI International is created by and for people with lived experience of behavioral health challenges. This year's theme is Community Connection and Wellness. The event will be held via Zoom from 10am to 2pm.

[Click here for more information](#) or [here to register](#).

**May 6**

## **Older Adult Mental Health Awareness Day**

Join the National Council on Aging for the 4th Annual Older Adult Mental Health Awareness Day Symposium. This free, all-day virtual event will feature engaging plenaries, informative sessions, and a diverse array of topics addressing the most pressing needs in older adult mental health.

[Click here for more information](#).

**May 7**

## **Youth Mental Health Well-Being Virtual Celebration**

Join NAMI San Diego for a gathering celebrating children's mental health through art. The event is from 3pm to 4pm and will include an art display and art project for all ages.

[Click here for more information and to register](#)

**May 8-14**

## **What is Grief?**

The Southern Indian Health Council joins the national movement to bring awareness to mental health by promoting advocacy, providing support, and fighting the stigma surrounding seeking help. Each week in May will have a special focus, this week's focus is on grief and loss and how to process it.

[Click here for more information](#).

**May 13**

## **Suicide Prevention Council Faith Breakfast**

Please join the Suicide Prevention Council for an educational and inspirational morning to discuss the connection between faith, suicide prevention, and mental health.

[Click for more information in English or Spanish](#).

[Click here to register](#)

**May 13**

## **Reducing the Stigma- You Are Not Alone**

At 7pm, the Southern Indian Health Council will be talking about mental illness, symptoms, statistics, and resources available in your community.

[Click here for more information](#).

**SCROLL TO NEXT PAGE**



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**May 15-21**

## **Taking Suicide Out of the Shadows– There is HOPE!**

The Southern Indian Health Council joins the national movement to bring awareness to mental health by promoting advocacy, providing support, and fighting the stigma surrounding seeking help. Each week in May will have a special focus, this week's focus is on warning signs, when to ask for help and reducing stigma.

[Click here for more information](#)

**May 17**

## **Play & Emotional Coaching**

Attend this San Diego Unified School District's Early Prevention Program session at 5:15pm and learn how play is an important part of your child's development. In this virtual meeting we will present effective strategies that you can use to motivate the practice and learning of new emotional skills during play and other interactions.

[Click here for more information and to join meeting.](#)

**May 18**

## **Directing Change Awards Ceremony**

Plan on attending the 9th Annual Directing Change Awards Ceremony at 7pm. The top films from this year's Directing Change Program and Film Contest will be shared and the 2021 statewide winners will be announced.

[Click here for more information and to RSVP.](#)

**May 19**

## **Wellness Wednesday**

Do you paint? Compose? Create? Be sure to join the Mind Collective from 1pm to 2pm for a creatively healing discussion about the “art” of coping.

[Click here to register.](#)

**May 20**

## **NHA Presents Effective Mental Health Services During a Global Pandemic**

Neighborhood House Association (NHA) team members who work with seniors, incarcerated individuals and individuals living with serious mental illness will share how NHA programs have adapted their services to the pandemic, how challenges have been overcome, and how we can continue to efficiently serve those in our care. We are looking forward to a lively discussion with the San Diego community.

[Click here for more information and to register.](#)

**May 22**

## **NAMIWalks Your Way: A United Day of Hope**

Anyone can participate in NAMIWalks Your Way by registering for the event and picking an activity of their choice, such as jumping rope, baking a cake, biking, practicing yoga or walking with friends and family in the neighborhood—all while taking precautions to stay safe.

[Click here for more information and to register.](#)

**SCROLL TO NEXT PAGE**



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**May 24**

## **San Ysidro Health Mental Health Awareness**

Join San Ysidro Health from 3pm to 4:30pm for a presentation about mental health awareness and hear the inspiring story of a person walking the path of mental illness and his recovery journey.

[Click here for more information and to register](#)

**May 24**

## **Play & Persistence Coaching**

Attend this San Diego Unified School District's Early Prevention Program session at 5:15pm and learn how play is an important part of your child's development. In this virtual meeting we will present effective strategies to encourage persistence (“to keep trying”) in your children even when your child is frustrated

[Click here for more information and to join meeting.](#)

If you would like your May Is Mental Health Month virtual event posted to this calendar, please contact Nancy Page ([nancy.page@sdcounty.ca.gov](mailto:nancy.page@sdcounty.ca.gov)) with event information and a flyer or link.