



# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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## Mental Health Awareness

Every month should be a month we are paying attention to our mental health, right? But with May as **Mental Health Month**, we have a special focus on getting the word out about what you can do to take action for your mental health and for everyone in our school and community!

More than half of all Americans will experience a mental illness or disorder in their lifetime. And just about all of us have times when we feel stressed out, anxious, or down. When that happens to you or a loved one, do you know what to do?

Checking in with yourself regularly, and checking in with others to see if they may need help is the first step, then you can take action to get support if it's needed.

Join us and people across California in taking the Take Action for Mental Health Pledge. This is a way to commit to ourselves and the people around us that mental health is a priority and that we will do what we can to support each other.

The Take Action for Mental Health Pledge says:

### I Pledge to Take Action for Mental Health

- I will check-in with myself to identify my mental health needs.
- I will learn more about mental health.
- I will get support for my own mental health and support the mental health of others.
- I will share this pledge with others to help them take action too!



### SMARTPHONE APPS

- [MindShift](#)
- [GritX](#)
- [Personal Zen](#)
- [Happify](#)
- [Headspace](#)
- [SuperBetter](#)

APP



- [Starting to Think about Mental Health](#)
- [Maintaining Good Mental Health](#)
- [Recognizing when you Need Help](#)
- [What to do when you Need Help](#)
- [Where to go for Help](#)
- [Check-in Chat](#)
- [Self-Care Pledge](#)
- [Mental Health Scavenger Hunt](#)

RESOURCES