



# MAY IS MENTAL HEALTH MATTERS MONTH

#PEIMay2020

#SanaMente

#EachMindMatters



Help change the conversation about Mental Health – use the hashtag **#PEIMay2020** on your social media posts (remember to change setting on posts to public to help spread the word)

## Riverside County Mental Health Matters Month 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. While we may not be able to celebrate together in person this year, we can still take part in virtual activities.

There are many options for promoting Mental Health Matters Month, all of which can be done from home or online while practicing physical distancing. We have provided suggestions for how to plan your May activities week-by-week, or you can choose your favorites.

### Week One (May 1-9) -- 'Express Your Support'

#### Where's the **Green** Ribbon?

Using **lime green**, create art to hang in your front window to show your support for mental health awareness. Include **lime green ribbons** and uplifting messages. When we show our support we help break the stigma, break the silence, and create space for important conversations about mental health.

You can print coloring pages from Each Mind Matters Resource Center [EMM Coloring Pages \(English\)](#) and [EMM Coloring Pages \(Spanish\)](#)

When you are out and about in the neighborhood how many can you spot? Take a picture and post to your social media using the hashtag #PEIMay2020.



#### Let's Taco 'bout Mental Health!



Grab your tacos for Taco Tuesday and join the #ManySidesToMyStory Social Media challenge! Throughout May, Each Mind Matters is teaming up with Disney star and mental health advocate, [Sofia Wylie](#), to encourage others to express the many sides of their story to raise awareness about mental health and support those who may be experiencing

mental health challenges. Visit [ManySidesToMyStory.com](#) to learn more and join the movement, then visit TikTok to add your own story. It'll be a TikTok taco night! Use #PEIMay2020.



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## Know the Signs: Webinar Presentation

Pain isn't always obvious, but we can all learn tools to learn how to reach out and help someone who may be in crisis. Register for this free 45-minute webinar to learn how to recognize the signs, find the words, and reach out. Available in English on Wednesday, May 6<sup>th</sup> (9:00 AM, 1:00 PM, and 5:00 PM) and in Spanish on Friday, May 8<sup>th</sup> (9:00 AM, 1:00 PM, and 5:00 PM). Email [PEI@ruhealth.org](mailto:PEI@ruhealth.org) to register; please include session date and time you would like to attend.

Pain Isn't Always Obvious



Suicide Is Preventable.org



## Hope and Recovery Presentation

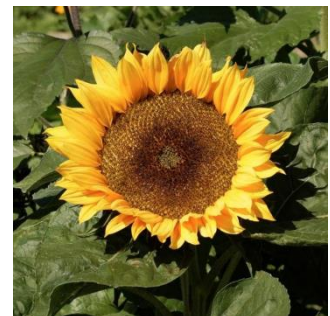
There are many sides to a story. Register for this free 60-minute webinar to hear inspirational stories of hope and recovery from people with lived experience with mental illness. Hear how recovery is possible and about the supports available.

Presentation will be on Thursday, May 7<sup>th</sup> at 11:00 AM. Contact Ron Hoffman at [Ron.Hoffman@riinternational.com](mailto:Ron.Hoffman@riinternational.com) to register and for more details.

## Week Two (May 10-16) -- 'Express Your Well-being'

### Practice Self-Care and Watch Yourself Bloom

Plant care is self-care! This May we invite you to spend some time gardening as a self-care activity, whether it is planting new seeds or caring for the plants in our home. Planting seeds and caring for them as they grow can support our mental well-being by encouraging us to practice acceptance and be present, and it can be a productive coping mechanism for dealing with stress, anxiety and depression. Learn more at [EachMindMatters.org/seeds](http://EachMindMatters.org/seeds). Share with others by posting some pictures or videos of your plant-care is self-care activity along with a quote that inspires you – “Where flowers bloom, so does hope,” “No rain, no flowers,” “Create your own sunshine,” “Have a growth mindset,” and any others that express *your* well-being. Don't forget to use the hashtag #PEIMay2020.





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## Mental Health 101 Presentation

Learn more about mental health and how to take care of your well-being. RUHS – Behavioral Health staff will be posting videos (in English and Spanish) available for viewing and sharing on Facebook at the Riverside University Health System – Behavioral Health page, or the Up2Riverside page.

## Color for Calmness

The act of coloring is more than just a fun break from the stress of daily life, it can be very beneficial for your mental and emotional health. Take time for yourself and color these pages with positive messages. Find [English Coloring Pages](#) and [Spanish Coloring Pages](#). Use any available art supplies (crayons, coloring pencils, markers, etc.) and invite both kids and adults to participate. Share your work and use #PEIMay2020.



## Recovery Works with Art Works

As a recovery-oriented program, each of Art Works Gallery's exhibitions is centered on a recovery theme, such as what art has taught a person about him or herself, the power of personal history, and how a person's recovery can shine through their art pieces. Join Art Works on Zoom for a free interactive art class on Wednesday, May 13<sup>th</sup> at 1:00 PM. Share your art with Art Works or post pictures of your creative talent (use #PEIMay2020). Contact Anita Six at [Anita.Six@riinternational.com](mailto:Anita.Six@riinternational.com) to register and for more details.

## Art for All Ages

Coloring and art is not just for kids! Art is an important wellness tool for people of *all* ages. Join the Inland Caregiver Resource Center on Thursday, May 14<sup>th</sup> for a presentation on using art as a wellness tool and join the guided art project. Inland Caregiver Resource Center provides services to family caregivers and older adults. Learn about the different programs they have available to help care for yours' and your loved ones' mental health and well-being Contact [candre@inlandcaregivers.org](mailto:candre@inlandcaregivers.org) or [jlopez@inlandcaregivers.org](mailto:jlopez@inlandcaregivers.org) for details. Share your art using #PEIMay2020.





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## Week Three (May 17-23) --‘Express Encouragement’

### Chalk Your Walk

Using chalk, create art on the driveway or sidewalk in front of your home to show your support for mental health awareness. Write uplifting messages for your neighbors walking by to offer support and encouragement. Include numbers to local resources (e.g., (951) 686-HELP, 2-1-1, 1-800-273-TALK, text 741741) in your sidewalk art and encourage others. Don't forget some **lime green** chalk to spread mental health awareness. Post your art to your social media and use #PEIMay2020.

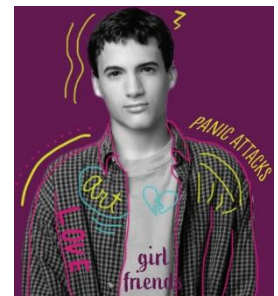


### Mental Health Rocks!

Sometimes the world gives us a small sign of encouragement, right when we need it the most. Create inspirational rocks and leave them for others to find. Post your rocks to your community's social media page (using #PEIMay2020) – leave clues as to where others can find these hidden gems of inspiration. When you find a rock of encouragement, pay it forward and leave one for someone else to find. For more information visit [Inspire Kindness](#).

### Many Sides to Our Story

Join the Transition Age Youth (TAY, ages 16-25) from Operation Safehouse as they share their inspirational stories of hope and recovery on Instagram Live on Wednesday May 20<sup>th</sup> at 9:00 AM @CupofHappyWest or at 1:00 PM @CupofHappyEast (videos will be available on Instagram stories for 24 hours). Join the movement and raise awareness about mental health and support people with mental health challenges by joining the Many Sides of My Story challenge at [ManySidesToMyStory.com](#). We can break the stigma of reaching out for mental health support for good!



### Take One

We all need some extra encouragement from time to time. Print and hang this poster (in [English](#) or [Spanish](#)) to brighten someone's day – they can take what they need to help get them through.





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## 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. Check out the amazing videos from previous winners to see more about these PSAs on Mental Health and Suicide Prevention at [Directing Change CA Films](#). Look for Riverside County’s regional winners and virtual award ceremonies for each category on Facebook at the Riverside University Health System – Behavioral Health page.



## Week Four (May 24-31) --‘Express Unity’



### Attitude of Gratitude

There have been multiple studies on the link between gratitude and well-being. Research confirms that gratitude effectively increases happiness and can reduce depression. By working at shifting our mindset to one of gratitude, we can improve our well-being. Start the week off with your family and friends with a Gratitude Jar. Every day throughout the week, write down something you are grateful for, some words of hope and encouragement. At the end of the week, have dinner as a family, or set up a Zoom meeting with other family members and friends and go through

your gratitude jars together. Letting others know how you are grateful for them and what they mean to you helps build our unity, connection, and support system.

### Take My Hand

Find more ways to connect and care for yourself. This is a free on-line chat service that encourages any community member to reach out and chat. It is operated by an All-Peer Support staff. Peer Support Specialists are on-line 24/7 to assist and support anyone who is looking for someone to talk to, a resource in the community and to create a sense of belonging, in a time when many are feeling very isolated and alone. Find more at RUHS-BH Facebook page!





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## Reach Out

Take time this week to reach out to others in your life and let them know you care and are thinking about them. Animated message cards and cards to print and mail can be found [Here](#). Send a [Get Well Card](#). Find more [Social Media Images](#) to share as well.

## Links

### Where's The **Green** Ribbon? and Color for Calmness:

Coloring Page in English: <https://emmresourcecenter.org/system/files/2020-03/MHMM%202020%20Coloring%20Pages%20-%20English.pdf>

Coloring Page in Spanish: <https://emmresourcecenter.org/system/files/2020-03/MHMM%202020%20Coloring%20Pages%20-%20Spanish.pdf>

### Let's Taco 'bout Mental Health:

Sofia Wylie: [https://www.tiktok.com/@sofiawylie?source=h5\\_m](https://www.tiktok.com/@sofiawylie?source=h5_m)

Many Sides to My Story: <https://manysidestomystory.com/>

### Practice Self-Care and Watch Yourself Bloom:

<https://www.eachmindmatters.org/seeds/>

### The Kindness Rocks Project for Mental Health:

Inspire Kindness: <https://inspirekindness.com/blog/rock-painting>

### Many Sides to *Our* Story:

Instagram page link (Operation Safehouse Peer to Peer):

@CupofHappyWest: <https://www.instagram.com/cupofhappywest/>

@CupofHappyEast: <https://www.instagram.com/cupofhappyeast/>

### Take One:

Poster in English: <https://emmresourcecenter.org/system/files/2020-03/Take%20Ones%20-%20English.pdf>

Poster in Spanish: <https://emmresourcecenter.org/system/files/2020-03/Take%20Ones%20-%20Spanish.pdf>

### Directing Change:

Facebook: <https://www.facebook.com/DirectingChangeCA/>

Website: <https://www.directingchange.ca.org/films/>

### Take My Hand:

[www.takemyhand.co](http://www.takemyhand.co)

### Reach Out:

Message Cards: <https://emmresourcecenter.org/resources/message-cards>

Get Well Cards: <https://emmresourcecenter.org/resources/active-minds-get-well-cards>

Social Media Images: <https://emmresourcecenter.org/resources/mental-health-matters-month-2020-social-media-images>