



Let's Work Together in May!

It is important to ensure our loved ones, friends, networks, and communities are comfortable talking about the topic of mental health on any day of the year, especially this year.

We invite you to join us for Mental Health Awareness Month this May.

Get started by taking the MHANYS Pledge and access our May Toolkit which includes handouts and activities to share and start a conversation about mental health.

MHANYS is a community organization that strives to improve the lives of individuals, families, and communities by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery.

Let's work together and make it okay to talk about mental health.

May is Mental Health Awareness Month
Register for a free 60MINUTE Webinar today!

HEALTHY MINDS - HEALTHY SCHOOLS - HEALTHY NEW YORK

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May 4th - Mental Health & Wellness 101
The goal of this webinar is to reduce stigmatizing attitudes and beliefs by providing a comprehensive understanding of mental health, the importance of self-care and treatment seeking behaviors, and hope for recovery.

May 7th - Why Mental Health First Aid?
This webinar will introduce you to the Mental Health First Aid curriculum and highlight the utility it can provide in day to day experiences. Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern.

May 12th - Why Mental Health First Aid for Businesses?
This webinar will introduce you to the Mental Health First Aid curriculum and highlight the utility it can provide in day to day experiences in the workplace. Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern.

May 13th - Reconnecting Resiliency in Schools
During this webinar, you will learn about the connection between resilience, mental health, and learning. We will share strategies for promoting resiliency through social connections, social-emotional learning, goal-setting, and project-based learning opportunities.

May 21st - Wellness Development and Outreach Webinar
The goal of this webinar is to introduce you to career opportunities within the behavioral health field, discuss benefits of entering the field, and identify needed entry points across the field.

May 27th - Becoming a Resilient Family
All families face challenges and adversity. Our ability to respond to and recover from these difficulties is a measure of our resiliency. Learn how to build your family's disaster resiliency through communication, flexibility, healthy coping strategies, and a focus on strengths and positive experiences.

May 28th - Voter Empowerment 101
Learn how to empower those with lived experiences and the community in which they live to understand their right to annual voting, including assistance at the polls, early voting, rights for those convicted of crimes, and how to register to vote.

Everyone is a link to care in the community.
For more information or to register visit MHANYS.org

#MHANYS #MHA #MentalHealth

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Wellness Bingo

Watch a movie.	Look up 5 facts and build something.	Plan to get a full 8 hours of sleep.	Go for a hike.	Learn something new.
Volunteer virtually.	Try a new recipe.	Listen to our favorite music.	Drink a virtual lunch or coffee with a friend.	Play a game.
Create breaks in your work schedule.	Get physical - do an hour of physical activity.	Free Space	Call to a friend or family member who you haven't spoken to in a while.	Meal prep for the week for a healthy lunch.
Look up 5 facts and build something.	Reorganize your living or workspace.	Spend an hour doing something you enjoy.	Set a goal of 8 glasses of water for the day.	Watch episode of your favorite TV show.
Do some mindful breathing.	Take a virtual tour.	Read for an hour.	Eat lunch outside.	Before or after work take a walk.

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MENTAL HEALTH ASSOCIATION IN NEW YORK STATE, INC.

MHANYS May Calendar

Take part in one of MHANYS' upcoming training webinars. All May webinars are free of charge, thank you to our 2020 funders.

[Register Here](#)

MHANYS May Toolkit

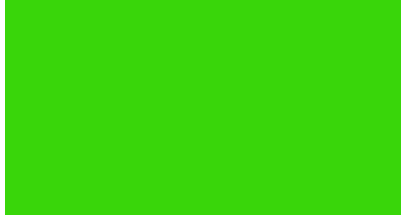
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[Access Here](#)



MHANYS

Facebook @MHANYSinc
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Go Green

Share photos with MHANYS
of your green throughout
the month of May.



Hashtags for May

#mentalhealthmatters
#mentalhealthmattersnys



MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State. MHANYS achieves this through training, education, advocacy and policy, community-based partnership programming, and by connecting individuals and families to help.

[**Take MHANYS Pledge Now**](#)