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MENTAL HEALTH MATTERS: EVENTS

May is Mental Health Awareness Month and a great time to Take Action for Mental Health!

Visit the [links below](#) to view activities we're offering throughout #MayMentalHealthMonth2022.

- **National Children's Mental Health Awareness Day**, May 5th, 10-11AM
- **HUD/SAMHSA: National Mental Health Awareness Month Webinar Series:**
 - May 4, 10AM Webinar 1: Mental Health 101 – Overview of Mental Health Issues in the Modern World
 - May 11, 10AM Webinar 2: 988 – What's on the Horizon
 - May 18, 11AM Webinar 3: Get Help – Reducing Stigma Associated with Mental Health
 - May 25, 11AM Webinar 4: Now What? – Mental Health Issues in Post-COVID America
- **National Prevention Week**, May 8-14
- **Iversen Wellness and Recovery Center's Virtual Wellness & Recovery Fair** 11th, 10AM-2PM
Call 530.879.3311 for more information
- **5th Annual Older Adult Mental Health Awareness Day** 16th
- **The Directing Change Screening & Award Ceremony**, May 17th, 7PM
- **Zoosiab Mental Health Day!** May 18th, 10AM-1PM
- **Health Equity & Nutrition for Mental Health – Garden work Day**, May 21st
- **It's Ok To Ask For Help Outreach**, May 24th
- **Mental Health Matters Day** 25th, 10AM-2PM
- **Soul Sessions – Through the Eyes of Us**
 - May 3: Black Mental Health Resources
 - May 10: Mental Health in the criminal justice system
 - May 17: Effects of drugs on mental health
 - May 24: Men's Mental Health
 - May 31: Mental Health and Children
- **Mental Health Equity Through Arts**, May 31st



**TAKE
ACTION**
FOR MENTAL HEALTH