

"Take Action for Mental Health" is the theme for this year's May is Mental Health Month. Check in on your mental health and the mental health of those that you care about. Start a conversation to see how you can help or support yourself or others. Share on your social media with: #TakeAction4MH and #PEIMay2022
(remember to change setting on social media posts to "public" to help spread the word)

Riverside County May is Mental Health Month Activity Guide

This year's May is Mental Health Month theme, "Take Action for Mental Health," reminds us to continue to check-in with ourselves and others, learn more, and reach out to available community resources for ourselves and someone we care about.



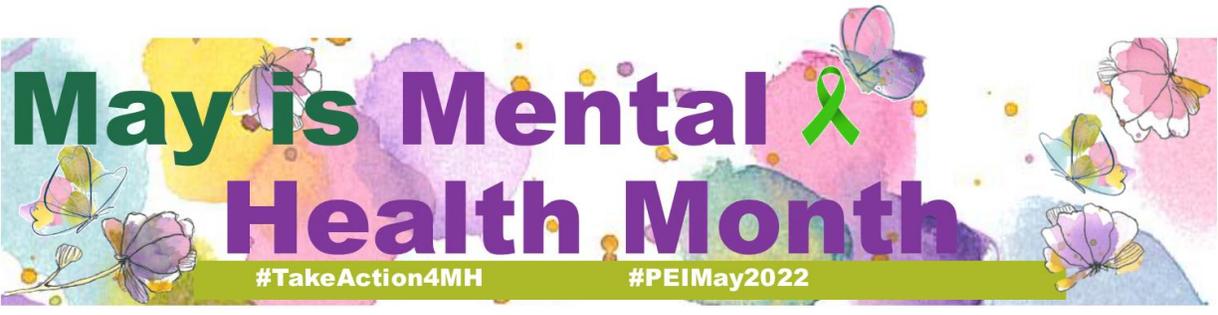
Take Action for Mental Health is the campaign for California's ongoing mental health movement. It builds upon established approaches and provides resources to support Californians' mental health needs.

Californians have been through an unprecedented time with profound mental health impacts: a global pandemic, an economic recession, social and political unrest, racial inequity and violence, and multiple natural disasters. The trauma, grief, and loss of millions of Californians is real. It's no wonder many people are struggling or not quite feeling themselves.

The primary goal for *Take Action for Mental Health* is to help Californians support their mental health and the mental health of people they care about. The campaign's underlying goal is to support prevention and early intervention efforts that promote mental wellness and offer Californians the tools to seek help for themselves or a loved one.

Take Action for Mental Health is an evolution of the *Each Mind Matters* campaign. Over the last decade, *Each Mind Matters* has had a positive impact on reducing stigma of mental illness and increasing awareness of mental health needs and resources. *Take Action for Mental Health* builds on this progress and asks Californians to take action to support ourselves and the people we care about.

Join Riverside County, as we continue our virtual campaign to help change the conversation about Mental Health. Riverside University Health System – Behavioral Health (RUHS-BH) has partnered with the [Riverside County Office of Education \(RCOE\)](#), our State partners at Directing Change, as well as the Riverside County Suicide Prevention Coalition to promote this year's calendar and events.



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Week One (May 1-7) -- ‘Check-In’

Dear Me

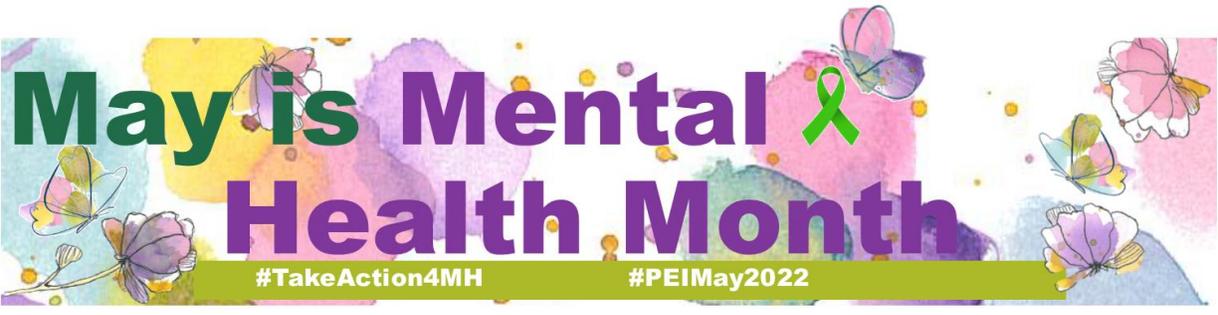
Thinking about and writing to the future - *your future* - is a powerful exercise. Take some time to reflect on what you think - and want - the future to bring in a year, five years, ten years...more? You can use this system to build your dreams, remind yourself of your accomplishments (even if small), and as a good way to send your future-self a pep talk reminding you about your resilience and recovery. Write an encouraging letter to yourself [here](#). It’s secure and free!



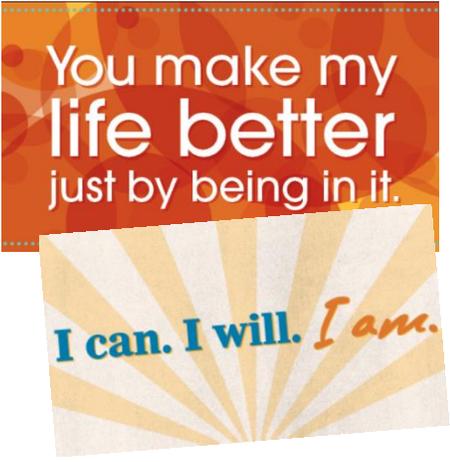
Directing Change – Hope and Justice Contest!!

Take part in this month’s monthly prompt in the Hope and Justice category. Directing Change is taking all forms of art submissions (poems, artwork, short video clips, etc.) for our youth to share their “Dear Me” entries. This is a statewide contest – enter to win prizes! Find out more information by visiting the Directing Change website [here](#). Contest is open to grades TK-12 and up to age 25.





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You've Got a Friend in Me

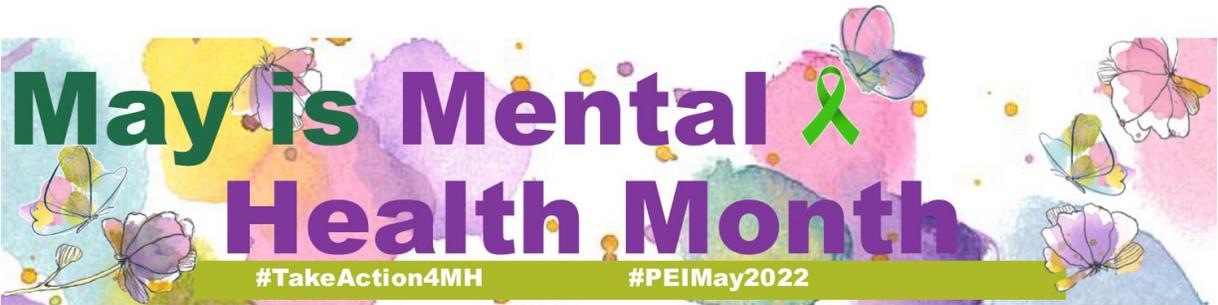
Take a moment to send a message of encouragement, appreciation, cheer and/or congratulations to a friend (or yourself!). Reaching out to let others know we are there for them is an important part of building a strong support system and can act as a protective factor to our mental wellness. Animated message cards and cards to print and mail can be found [here](#). Send a [Get Well Card](#) or a small note of encouragement.



Support Your Community

Community provides many elements that are critical to mental health. Some of the most important benefits are a sense of *belonging*, providing *support* to those in need, and a sense of *purpose* in our lives. Look for opportunities that align to your interests, values, and beliefs. No matter if your community is big or small, finding people you connect with is vital for your mental health. And remember, just as it's important for you to find your community, it's also important for others to have you as a part of their community. Find ways that you can volunteer and support your community.





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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 #PEIMay2022.

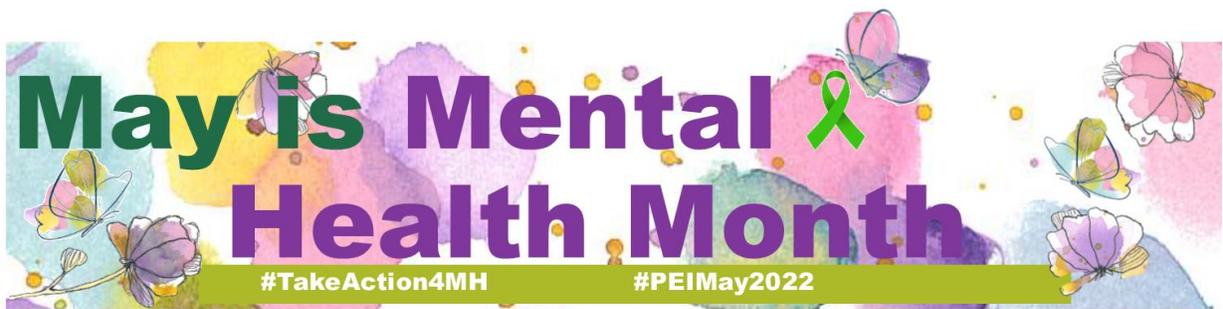
Mental Health 101: Virtual Training

Learn more about mental health and how to take care of your well-being. RUHS – Behavioral Health staff will be hosting this 90-minute, live, virtual presentation on Thursday, May 5th (English 1:00-2:30, register [here](#); Spanish 1:00-3:00 register [here](#)).



In May, We Wear Green!

Lime green is the color of mental health awareness. Show your support for mental health by having a Lime Green Day at your site! Have everyone sport some lime green in their wardrobe to show support. Hand out lime green ribbon pins to others to help start a conversation.



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National Children's Mental Health Awareness Day (May 7)

Each year, National Children's Mental Health Awareness Day seeks to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development. For children and schools – make sure you enter/submit activities you've participated in this past week in support of mental health for a chance to win prizes and/or a pizza party! Visit [RCOE's Newsletter](#) for School Spirit Week activities. Visit [Directing Change](#) to submit your entries.



Week Two (May 8-14) -- 'Learn More'



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.



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Hope Journal Bookmark Activity

A fun and easy activity that encourages Social and Emotional Learning with children, teens, and young adults is journal writing. Journal writing has been found to stimulate mindfulness, self-awareness, reduce stress and can be a helpful coping mechanism as it allows individuals to work through their thoughts and emotions. The hope journal bookmark and tip sheet can be found on the Each Mind Matters Resource Center in both English and Spanish [here](#). Share your creativity on your social media using hashtag #PEIMay2022.



Pain Isn't Always Obvious



suicideispreventable.org

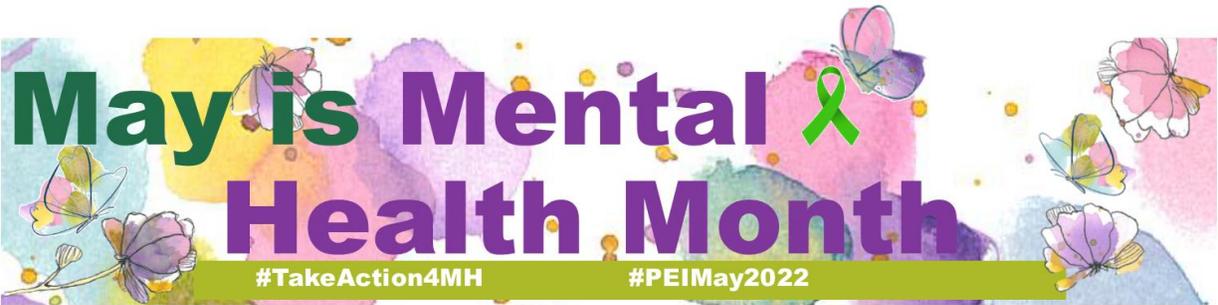
Know the Signs: Suicide Prevention Virtual Training

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 2-hour webinar to learn how to recognize the signs, find the words, and reach out. This presentation will be on Tuesday, May 10th (Spanish 9:00-11:30, register [here](#); English 5:00-7:00, register [here](#)).

Recharge with a Cup of Happy and join Operation Safehouse.

In celebration of Mental Health Awareness month, the Peers from Operation Safehouse are hosting a virtual space for our Transitional Age Youth (ages 16-25) to learn about self-care tips and to play some virtual games for a chance to win prizes! The event will be on Wednesday, May 11 at 11:00 – 1:00. Join them on Zoom (Meeting ID [863 2972 6106](#)) to learn more and participate in the fun.





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PEARLS of Wisdom

Come to this virtual presentation (available in English and Spanish) and join the facilitators from the importance of wellness activities for our mature adult population. They will offer ideas and tips, as well as an informational introduction to PEARLS for seniors (Program to Encourage Active Rewarding Lives for Seniors). This will be followed by a fun opportunity to play some virtual games for a chance to win prizes. The event will be in English on Thursday, May 12 at 1:30 PM (register in advance [here](#)), and in Spanish on Thursday, May 12 at 2:30 PM (register in advance [here](#)). After registering, you will receive a confirmation email containing information about joining the meeting.

Self-Care Plan

Self-care is not an elective pastime in our free time, but rather should be a priority along with other important elements of our life. Taking the time and intentionally caring for our whole self – body, mind, and soul – will keep us energized and mentally well. This is especially important for those helping and caring for others. Learn more self-care tips [here](#). Share with others by posting some pictures or videos of your self-care activity. Don't forget to use the hashtags #PEIMay2022 when sharing on your social media.



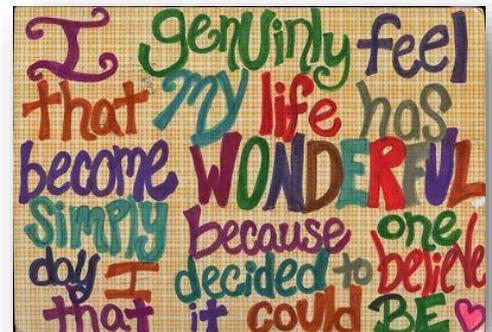


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Week Three (May 15-21) --‘Get Support’

Share Your Secret

Create an empowering message about your recovery on a postcard or post-it. The secrets are meant to be empowering both to the author and to those who read them. These postcards can have healing powers for those who write them, be empowering and inspirational to those who read them, give hope to people who identify with the message, and can help create an anonymous community of acceptance. Be creative and don’t forget to tag us on social media using the hashtags #PEIMay2022.

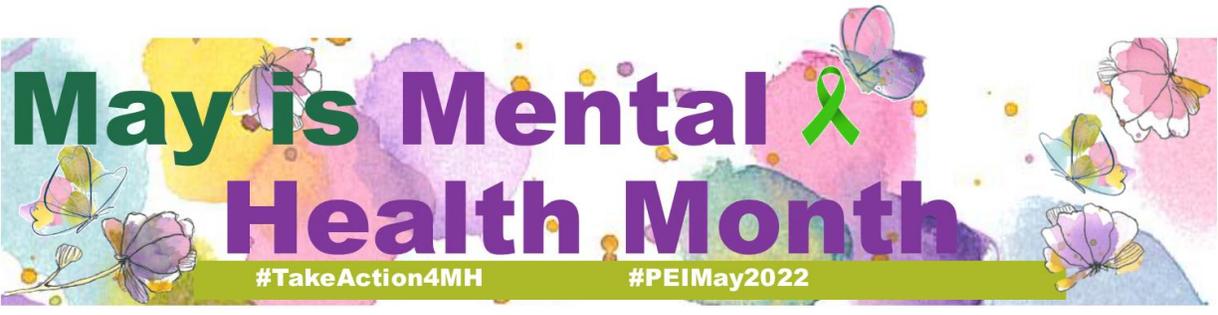


Make a Move Towards Wellness



Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. Thirty minutes of exercise of moderate intensity, such as brisk walking for 3 days a week, is sufficient for these health benefits. Make a plan to *rebuild* your physical health this week by incorporating a new exercise routine. Learn more about when it may be time to seek support for your mental health by visiting [Take Action for Mental Health](#) and download the free tip sheet. Share about your move towards wellness using #PEIMay2022.





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Pledge to Take Action

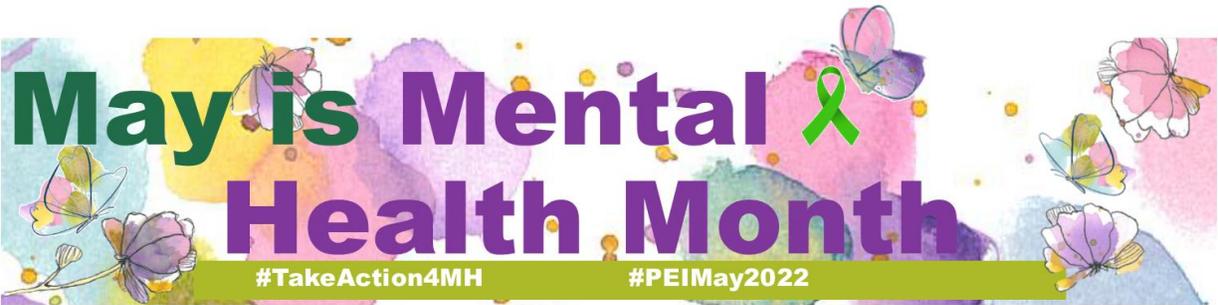
Join us in making and sharing your personal [Pledge to Take Action](#) for Mental Health. By making this Pledge, you are committing to Check-In, Learn More, and Get Support for yourself, your friends, and your community, to improve everyone's mental health. Share your pledge with others and encourage them to take the pledge too.



Check-in with Your Mental Health

Understand more about mental health by making efforts to learn more. Check out Take Action for Mental Health's website and learn about the [Mental Health Spectrum](#). Download the free PDF that has great information on mental health. Where are you at today with your mental health?





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Self-Care and Wellness: Virtual Training

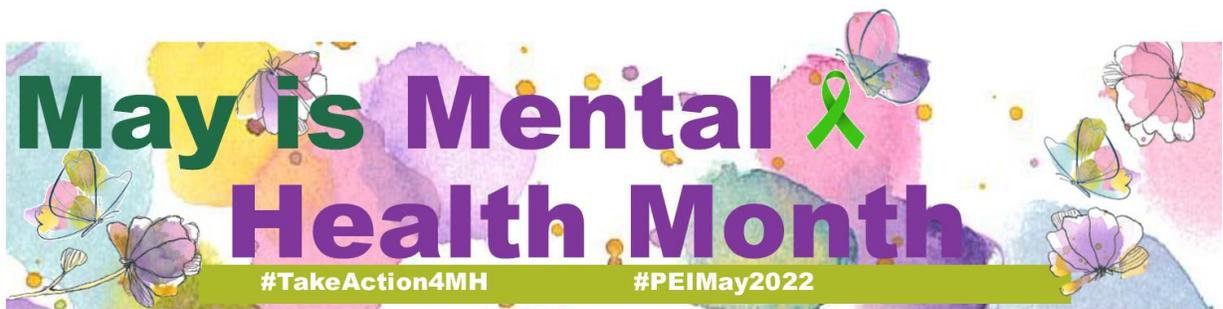
This presentation will focus on understanding how stress affects you (the psychological, spiritual, interpersonal, and physical impacts); learning strategies to help you manage stress more effectively and to build resiliency. There will be virtual practice of the different strategies to help you manage stress and practice self-care and wellness. Local resources will be discussed as well as how to connect. This presentation will be held on Thursday, May 19th (English 3:00-5:00, register [here](#); Spanish 4:00-6:30, register [here](#)).



Check-in with Others

We are social beings, and we are not meant to live in isolation. Community is critical for us to thrive, especially for someone with mental illness who is already experiencing the common symptoms of loneliness and isolation. Many people want to support their family and friends but aren't sure how to bring up the subject of mental health. The good news is that it doesn't have to be hard! Check out these tips for how to have a "[Check-in chat](#)" with those you care about. Make a commitment to connect with at least three people. ***We all need each other.***





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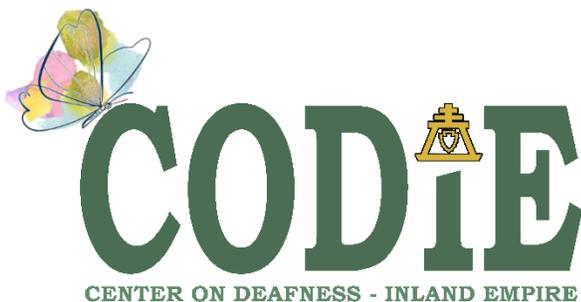
Temecula CultureFest

In commemoration of *World Day for Cultural Diversity*, the City of Temecula will host the first [Temecula CultureFest](#) on Saturday, May 21, 2022 from 10:00 am to 4:00 pm in Town Square Park (41902 Main Street) and Sam Hicks Monument Park in Old Town Temecula.

This free, community-wide, special event will include live music, dancing, special performances, and fun activities for the entire family. The large vendor area will showcase many different cultures and traditions encouraging everyone to explore the diversity within our own community. Experience different cultures through a variety of booths, exhibiting foods, crafts, and education, including non-profits, school clubs, religious organizations, local businesses, and delicious food vendors.



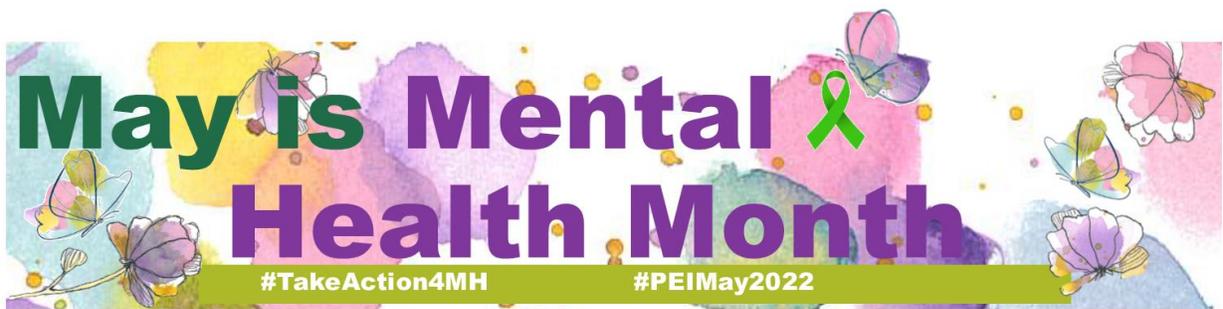
Week Four (May 22-28) – 'Give Hope'



Deaf Community Health Awareness Day in the Park

Join the Center on Deafness – Inland Empire (CODIE) on Sunday, May 22 for a community health day to learn about behavioral health programs and CODIE resources to inspire, educate and inform the deaf community about possible resources for themselves and their families. The event will be held at 1737 Atlanta Ave, Suite H3A, Riverside, 92507 from 12:00 PM – 4:00 PM.

For questions please contact Gloria Moriarty at gmoriarty@codie.org or Rachel Postovoit at rachelpostovoitlcs@gmail.com.



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Hope 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 #PEIMay2022) – 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](#).



Rebuild Hope

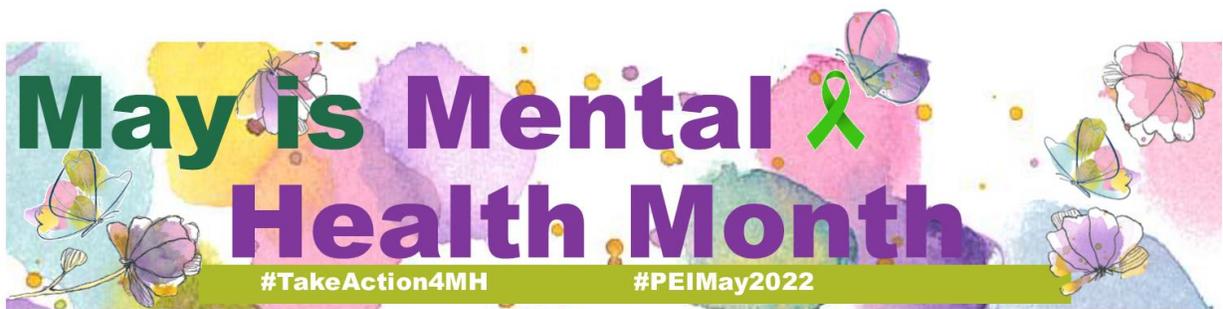
Send out an email of “Hope”. Find and share hopeful articles or quotes and send them to your friends, family, or colleagues. Share your messages, articles and quotes to your social media using hashtag #PEIMay2022.



Plant Seeds of Hope

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. Share with others by posting some pictures or videos 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 help spread messages of hope. Don’t forget to use the hashtag #PEIMay2022.





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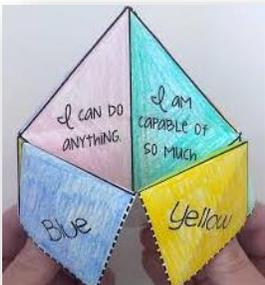
Stand Against Stigma

Fill up your cup with hope by joining us for this free 60-minute virtual presentation to hear inspirational stories of hope and recovery from people with lived experience with mental health challenges. Hear how recovery is possible and about the supports available. Open presentation will be held over Zoom on Wednesday, May 25th from 10:00-11:00 AM. Zoom Meeting ID: [886 6841 7871](https://us02zoom.us/j/88668417871).



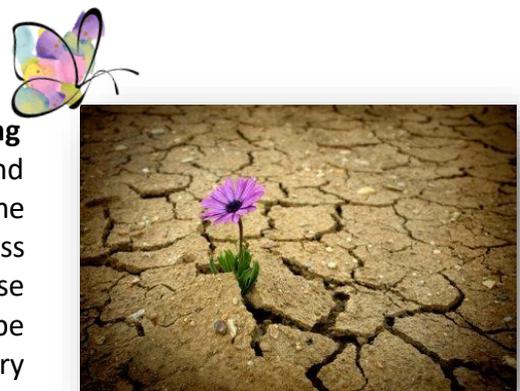
Fortune Teller Affirmations

Create an affirmation fortune teller. Affirmations are positive statements that increase self-esteem and decrease stress. Reinforce positive thinking with a fortune teller affirmation. Find instructions on how to make an origami fortune teller [here](#). For a list of ideas for positive affirmations click [here](#).



Building Resiliency and Understanding Trauma: Virtual Training

This two-hour presentation will focus on understanding and defining trauma and different Trauma Types. We will look at the impact of trauma on the brain, understand Child Traumatic Stress (CTS), Adverse Childhood Experiences (ACEs) and Adverse Community Experiences. We will look at resiliency and how to be trauma-informed in order to carry and inspire hope that recovery from trauma is possible. This presentation will be on Thursday, May 26th (English 9:00-11:00, register [here](#); Spanish 3:00-5:30, register [here](#)).





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Directing Change: Hope and Justice

Grab the popcorn and check out the amazing videos created by Riverside County youth in this statewide film contest. These short videos feature Public Service Announcements on Mental Health and Suicide Prevention. Check out the new [Hope and Justice](#) category to find amazing art submissions (of all kinds – poetry, drawings, music, etc.) from our local youth.

Links

Up2Riverside:

<https://up2riverside.org/>

Riverside County Office of Education (RCOE):

<https://www.rcoe.us/takeaction4mh>

RCOE School Spirit Week Newsletter:

<https://www.smore.com/kam2e>

Directing Change School Spirit Week Entry Submissions:

<https://gallery.directingchange.org/events/>

Dear Me (Future Me Website):

<https://www.futureme.org/>

Directing Change (Dear Me – Monthly Prompt, Contest):

<https://directingchange.org/riversidecounty/>

Make a Move Toward Wellness (When It's Time to Seek Support...):

<https://takeaction4mh.com/check-in-resources/>

Pledge to Take Action:

<https://takeaction4mh.com/check-in-resources/>

Understanding the Spectrum of Mental Health:

<https://takeaction4mh.com/learn-more-resources/>

Virtual Training Registration (MH101, Know the Signs, Self-Care and Wellness, Building Resiliency/Understanding Trauma):

English registration: <https://forms.gle/M31fLx7QvJPLQoVk9>

Spanish registration: <https://forms.gle/XbrDJdcJUqUm8geZ6>

Self-Care and Wellness – Spanish only

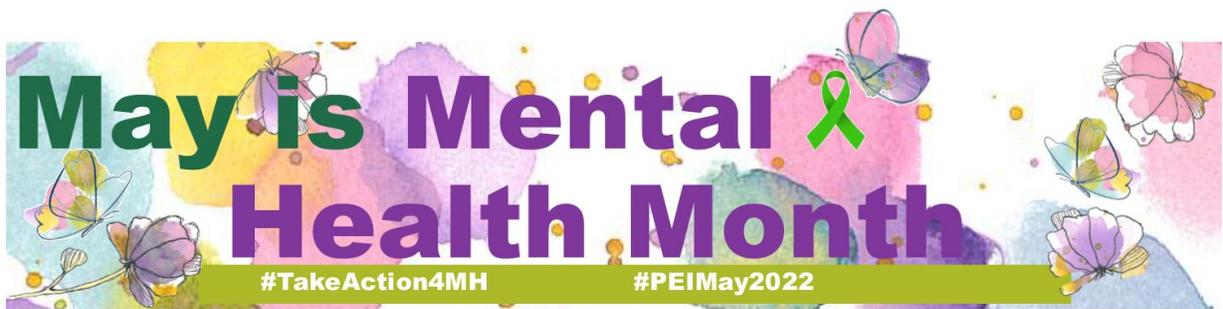
<https://us06web.zoom.us/join/zoom/register/tZ0ldemrqT8vHta0yg1FilydlZBrRi0XJ1qQ>

Check-in with Others ("Check in Chats")

<https://takeaction4mh.com/check-in-resources/>

National Children's Mental Health Awareness Day – Spirit Week Entry

<https://gallery.directingchange.org/events/>



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Hope Journal Bookmark Activity

<https://emmresourcecenter.org/resources/hope-journal-bookmark-activity>

Recharge with a Cup of Happy:

Zoom: <https://us06web.zoom.us/j/86329726106>

PEARLS of Wisdom:

Pre-register for English: https://us06web.zoom.us/meeting/register/tZckcO2rrsjGdfCODspbzA7ltG2_Sr7dbI5

Pre-register for Spanish: <https://us06web.zoom.us/meeting/register/tZckd-2qpzguHt3l0T94YbNZoJ0sN4OkmCdx>

Self-Care Plan (Mental Health Self-Care Tips):

<https://takeaction4mh.com/learn-more-resources/>

You’ve Got a Friend in Me:

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

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

Temecula CultureFest Event Information:

<https://temeculaca.gov/1510/CultureFest>

Center on Deafness – Inland Empire (CODIE)

<https://www.facebook.com/CODIE.RIV/photos/we-have-moved-to-1737-atlanta-ave-suite-h3a-riverside-ca-92507/2469517606426166>

Hope Rocks!:

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

Stand Against Stigma Virtual Presentation:

Zoom: <https://ruhealth.zoom.us/j/88668417871?pwd=QVpLcGFhZUJhTDRUeE9yM0RWeHlWdz09>

Fortune Teller Affirmations:

Make a Fortune Teller: <https://www.easypeasyandfun.com/how-to-make-a-fortune-teller/>

Positive Affirmations: https://www.huffpost.com/entry/affirmations_b_3527028

Directing Change: Hope and Justice Category Winners:

<https://directingchange.org/hope-justice-category-winners/>

May is Mental Health Month Partnership Agencies and Organizations:



Watercolor Artwork by Michelle Downs