



## Riverside County May is Mental Health Month 2025 Activity Guide

The 2025 May is Mental Health Month theme, *The Continuum of You*, embraces the idea that mental health exists on a spectrum and focuses on supporting people at every stage of their journey. This month we are celebrating the small “wins” along the way, steering away from ideas of “toxic positivity,” and reinforcing the idea that it’s “ok not to be ok.”

Whether someone is simply getting through the day or taking a small step toward self-care, each moment is valid and is part of a continuum. Mental health doesn’t have a set destination — it’s okay to be exactly where you are right now. Progress, no matter how small, matters, and it’s okay to go at your own pace. Mental Health as a continuum challenges the binary idea of “healthy” versus “unhealthy” mental health, normalizing the wide range of mental health experiences, encouraging individuals to embrace and accept the full spectrum of their well-being.

The month of May aims to raise awareness about mental health, promote understanding, and celebrate recovery from mental illness. During Mental Health Awareness Month, please utilize this calendar to engage in various activities and events made available to anyone within Riverside County. The green ribbon is an international symbol of mental health awareness, to show your support, start the conversation or to raise awareness, we encourage you to utilize lime green or wear the ribbon to support!

Now, more than ever, it’s vital that we recognize the importance of strengthening resiliency, protective factors, and physical and emotional wellness throughout the lifespan. Focusing on ways that we can improve our personal well-being can help reduce stress, improve our relationships, and reduce suicide risk.

Mental health is dynamic, ever-changing, and unique to everyone. It exists on a continuum, meaning how you feel can shift throughout the day, week, or season. Wherever you find yourself — from times of calm and happy to moments of stress, anxiety, or overload — it’s okay. This resource is here to help you better understand your mental health journey, reflect on where you are, and take meaningful steps forward.

Join in our activities and share your participation on social media using **#PEIMIMH2025** and **#RUHSMIMH2025**. (remember to change the settings on your social media on posts to public to help spread the word)

***Together, we can reduce the stigma around Mental Health and improve our Mental Wellness!  
No matter where you are on your journey embrace and accept the full spectrum of your well-being!***



**Week One (May 1-3)**

**What is Your Word?**

May is Mental Health Matters Month. This month, share your vision- what does a world that supports youth mental health look like? If you could use one word to describe what young people need for better mental health, what would it be? Express your word through art in any form, and be sure to creatively incorporate the lime green ribbon as a symbol for mental health. This prompt is offered in partnership with Civilian and California's youth Suicide Prevention Media Campaign funded by CDPH. Learn more at <https://hopeandjustice.art/contest/hope-justice/>



**Desert Region-The Art of Wellness Mental Health Awareness Fair**



Join us for a family-friendly, interactive event that showcases various mental health and wellness programs available throughout Riverside County. Discover a wealth of resources that support mental and behavioral health, substance use prevention and treatment, overall wellness, and more.

**Event Location:** Palm Desert Civic Center Park (43900 San Pablo Ave, Palm Desert, CA 92260) **Date:** Thursday, May 1, 2025 **Time:** From 11:30 a.m. to 4:30 p.m.

**For more info please visit:** <https://www.ruhealth.org/events/art-wellness-mental-health-event>

**Wear Lime Green!**

Wear a lime green ribbon or clothing to show support for mental health. During May, which is Mental Health Awareness Month, people wear green, specifically lime green, to show support for mental health and encourage open conversations about it, aiming to reduce the stigma surrounding mental health challenges. Green is more than just a color — it's the international symbol for mental health awareness. Representing fresh starts, optimism, and energy, wearing green makes a bright and bold statement: I care about mental health.





### Riverside County Black Maternal Mental Health



Join us for a workshop focused on supporting the mental health of Black mothers and fathers during pregnancy and postpartum!  
Date & Time: Saturday, May 3 · 10am - 1pm PDT  
Location: Cottonwood Golf Center ( 13671 Frederick Street Moreno Valley, CA 92553) To reserve your spot and learn more visit: <https://www.eventbrite.com/e/riverside-county-black-maternal-mental-health-workshop-tickets-1270777823679>

### Week Two (May 4-10)

#### Tea for the Soul



Coalition for Black Health & Wellness Presents “Tea for the Soul”. A safe space where Black Women can explore self-care, mental health, wellness, and healing. Date and time: Sunday, May 4 · 2:30 - 6pm PDT. Location: CrossWord Church (21401 Box Springs Road Moreno Valley, CA 92557). To reserve your spot & for more information please visit: <https://www.eventbrite.com/e/tea-for-the-soul-tickets-1222890280749>

#### Mental Health 101

This training focuses on understanding mental health vs mental illness, the mental health spectrum, stigma reduction, risk and productive factors as well as available resources. Available in English on Monday, May 5<sup>th</sup> from 2:00- PM – 3:30 PM. To register please visit [www.rivcospc.org/gettrained](http://www.rivcospc.org/gettrained)



#### Take an online Mental Health Screening



Only those that provide qualified mental or behavioral health services can make a clinical diagnosis of a mental illness. However, participating in an online screening can help you take an inventory of any symptoms you may be experiencing so you can understand whether it might be time to seek professional support for them. The Mental Health America website provides free online screening questionnaires that you can take here: <https://screening.mhanational.org/screening-tools/?ref=MHM23> Other options for men are available take a Head Inspection at

Man Therapy here: <https://mantherapy.org/explore-topics/head-inspection>. If the results suggest you might be living with one of these conditions, it’s usually recommended that you connect with a licensed mental health professional next for evaluation and treatment.



### Children’s Mental Health Awareness Day

Each year, National Children’s Mental Health Awareness Day (May 7) 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. Talk to the children in your life, show care and love, teach children about mental health, and prioritize your own well-being, while also encouraging open conversations about feelings and emotions!



### Mid-County Region-The Art of Wellness Mental Health Awareness Fair



Join us for a family-friendly, interactive event that showcases various mental health and wellness programs available throughout Riverside County. Discover a wealth of resources that support mental and behavioral health, substance use prevention and treatment, overall wellness, and more. **Event Location:** Valley-Wide Recreation & Park District, 901 W Esplanade Ave, San Jacinto, CA 92582

**Date:** Thursday, May 8, 2025, **Time:** From 11:30 a.m. to 4:30 p.m.

For more info please visit: <https://www.ruhealth.org/events/art-wellness-mental-health-event>

### Pause and Take a Breath

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress. Schedule a breathe break today.



### Riverside Inland Empire PRIDE



Get ready for our 3rd Annual Pride Festival! Our FREE Pride festival returns in 2025 on Saturday, May 10, 2025. This time, in historic White Park in Downtown Riverside. Date: Saturday, May 10, 2025, Time: 12 – 9 PM, Location: White Park ( 3936 Chestnut St, Riverside,

CA 92501) To RSVP your spot and to learn more information please visit: <https://www.riversideprideie.org/event/riversides-inland-empire-pride-festival-2025/>



**Week Three (May 11-17)**

**Raise Awareness for Maternal Mental Health Month!**

You can make a meaningful difference in the life of a pregnant person or new parent. Whether it’s your partner, friend, family member, neighbor, or coworker — your support truly matters. In honor of Maternal Mental Health Month, let’s come together to raise awareness, show kindness, and provide the understanding that can make all the difference.



**Stand Against Stigma**



This program is designed to reduce the effects of stigma surrounding mental health challenges in our community through sharing experience, strength, and hope. Stand Against Stigma provides a platform for speakers with lived experience of mental illness and or substance use challenges to create mutuality through personal stories of hope and recovery. In a 60-minute presentation our speakers will share about their journey in coming to learn about their own mental illness, what it looked like for them, and how they recovered. Join us May 12<sup>th</sup> from 4 p.m to 5 p.m. via ZOOM.

To register please visit: <file:///C:/Users/e269856/Downloads/May-12,-2025.pdf>

**Self-Care & Wellness**

This training focuses on understanding the impact of stress (psychological, spiritual, interpersonal and physical) and learning strategies to help manage stress and build resiliency. The training guides participants through virtual activities, available resources, and how to connect. Available in English on Monday, May 12<sup>th</sup> from 9:00 AM– 11:00 AM.



To register please visit [www.rivcospc.org/gettrained](http://www.rivcospc.org/gettrained)

**Know the Signs**



Pain isn’t always obvious, but we can all learn tools on how to reach out and help someone who may be in crisis. Register for this free 60-minute webinar to learn how to recognize the signs, find the words, and reach out. Available in English on Tuesday, May 13<sup>th</sup> from 2:00-4:00 PM. Please register by scanning the QR code or visit: <http://bit.ly/4j2eFXq>



**safeTALK**



**safeTALK**

suicide alertness for everyone

Learn how to support others in caring for their emotional wellness by attending this 3.5-hour training that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. Those who attend this training are better able to identify people who have thoughts of suicide and move beyond common tendencies to

miss, dismiss or avoid suicide. Participants must be age 15 and older. Available in English on Wednesday, May 14<sup>th</sup> from 9:30 AM– 12:30 PM. Please register at <https://rivcospc.org/gettrained>.

**Youth Mental Health First Aid**

Youth MHFA is an 8-hour training that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. This training is for anyone (18 years or older) who has regular contact with young people ages 12-18. Teachers, coaches, social workers, faith leaders, support staff, and community partners. Available in English on Wednesday, May 14<sup>th</sup> from 8:30 AM – 5:00 PM. To register please visit [www.rivcospc.org/gettrained](http://www.rivcospc.org/gettrained)



**Understanding Adverse Childhood Experiences**



Come join us and learn what ACEs are, what having protective factors in place means, how to build resilience strategies, and learn what parental burnout is. Available in English and Spanish virtually via ZOOM on May 14<sup>th</sup>, 6:00-7:00 PM. To register please visit: <https://bit.ly/4c8gfEW>

**Western Region-The Art of Wellness Mental Health Awareness Fair**

Join us for a family-friendly, interactive event that showcases various mental health and wellness programs available throughout Riverside County. Discover a wealth of resources that support mental and behavioral health, substance use prevention and treatment, overall wellness, and more. Event Location: Fairmount Park, 2601 Fairmount Blvd, Riverside, CA 92501, Date: Thursday, May 15, 2025, Time: From 11:30 a.m. to 4:30 p.m.

For more info please visit: <https://www.ruhealth.org/events/art-wellness-mental-health-event>





### Directing Change Screening & Recognition Ceremony



We are delighted to bring students, family members, community leaders, and mental health advocates to the Riverside County Directing Change Screening and Recognition Ceremony. On May 15<sup>th</sup> at 4:00 pm at Fox Performing Arts Center (3801 Mission Ave, Riverside, CA 92501). Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. Directing Change Local Screening & Recognition Ceremony recognizes local film makers.

For free tickets and more information please scan the QR code or visit [bit.ly/2025DirectingChange](https://bit.ly/2025DirectingChange)

### Tell them about your experience with mental illness



Let's reduce the stigma surrounding Mental Health! Often what prevents many people from seeking the mental health care they may need is stigma. Some individuals may feel shame about reaching out for support or even about experiencing symptoms in the first place. One way to help fight this kind of stigma is for all of us to be more open about our own mental health and substance use challenges. If you've faced mental health challenges in the

past and are comfortable expressing them, you might talk about them with friends, post them on social media, or submit them to a site like [NAMI](https://www.nami.org). Someone who hears or sees your story might feel less alone in the challenges they may be facing as a result, potentially prompting them to seek care.

### Desert Springs Middle School (DSMS) May is Mental Health Month Event!

Please join us for the DSMS May is Mental Health Month Event! On May 17th from 8 am to 2 pm at 66755 Two Bunch Palms Trail, Desert Hot Springs, CA 92240. We will have informational workshops, cultural entertainment and free breakfast and lunch! For more information and to register please visit: [DSMS EVENT](https://www.dsms.edu) For questions call (760) 251-7200.





## Week Four (May 18-24)

### Go for a Walk



Studies suggest moderate exercise is not just good for your body but improves mental health as well. Physical activity improves mental health as well as the mind-body connection. Physical activity such as a walk, can reduce symptoms of anxiety and depression, boost mood, and improve overall well-being by releasing endorphins and promoting a sense of calm and control. Bringing a friend on a walk also gives you a sense of connection and helps a friend maintain mental wellness as well!

### Reflect on your feelings

If you're feeling the Monday blues take time to understand why. Are there specific aspects of your job or schedule that you dread? By pinpointing the reasons, you can work on addressing them directly, whether that means delegating tasks, discussing concerns with a supervisor, or reevaluating your work goals and satisfaction. ❤️ Learn how to Clarify Your Feelings Through Writing during this session from the Overcome Stress and Anxiety series with [Dr. Julie](#).



### Building Resiliency and Understanding Trauma

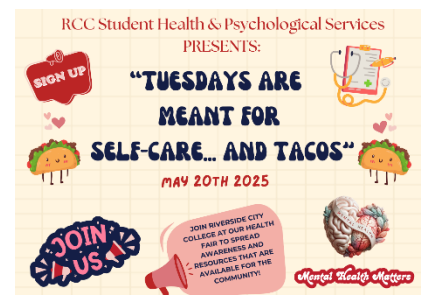


This training focuses on defining trauma and different trauma types, the impact of trauma on the brain, Child Traumatic Stress (CTS), Adverse Childhood Experiences (ACEs); Adverse Community Experiences, Resiliency and being trauma informed. Available in English on Tuesday, May 20<sup>th</sup> from 2:00pm-4:00pm.

Please register at [www.riccospc.org/gettrained](http://www.riccospc.org/gettrained)

### RCC's Health & Wellness Fair

Our Mental Health & Wellness fair is an annual event that we offer to Riverside City College students to connect them with resources available to them in their community. We would like to let the students know that they have support and help available from their community. Date: May 20<sup>th</sup>, Time: 9:00 am to 2:00 pm, Location: Riverside City College (4800 Magnolia Ave, Riverside, CA 92501). For more information please contact: Student Health & Psychological Services 951-222-8151 [maggie.salazar@rcc.edu](mailto:maggie.salazar@rcc.edu)







### APIDANH Hope Event

The APIDANH (Asian Pacific Islander Desi American & Native Hawaiian) HOPE event provides mental health education, advocacy, networking, and support to the AAPI (Asian American and Pacific Islander) community in Riverside County. Date: May 21<sup>st</sup>, Time: 3pm – 5pm, Location: 2085 Rustin Ave, Suite 1, Riverside, CA 92507. Please RSVP by May 12<sup>th</sup>. To register please visit:



<https://docs.google.com/forms/d/e/1FAIpQLSfwg7FOOsT0tGMICG1E7A6CD5085KfZ4lhBZzZ5PYzDgXP00g/viewform>

### Practice Self-Care



Practicing self-care is a strategy we can all use to maintain mental wellness. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, and improve energy. Regular self-care in which we do the things that make us feel taken care of mentally, physically, and emotionally doesn't always happen, and we may need to stop and take the time to remind ourselves that we are important, too.

### Explore a new hobby

Engaging in enjoyable activities stimulates us and releases feel-good chemicals like dopamine, which can enhance your mood and overall well-being. So, why not find a new activity to enjoy? Research and pick up a hobby like painting, playing a musical instrument, or even a board game! All these can provide a creative outlet and a sense of accomplishment when you increase your skill in them. By immersing yourself in a new hobby, you can find joy, purpose, and a positive distraction from negative and/or intrusive thoughts.



### Volunteer



Acts of kindness create a sense of belonging and reduce isolation.

Helping others is thought to be one of the ways that people create, maintain, and strengthen their social connections. For example, volunteering and helping others can help us feel a sense of belonging, make new friends, and connect with our communities. Face-to-face activities such as volunteering at a food bank can also help reduce loneliness and isolation.

**Week Five (May 25-31)**



### Start Journaling!



Journaling can be a valuable tool for improving mental health, offering benefits such as stress reduction, increased self-awareness, and enhanced emotional processing by writing down thoughts and feelings. Tips for getting started: choose your format, set a regular schedule, don't worry about perfection, use reminders, be mindful: pay attention to your thoughts and feelings as you write, be honest and vulnerable, reflect on your entries, explore different journaling styles, and much more.

### Connect with loved ones

Spend time with people who support you. Connecting with loved ones is crucial for mental well-being, offering support, reducing stress, and fostering a sense of belonging, which in turn can improve overall health and happiness.



### Know the Signs



Pain isn't always obvious, but we can all learn tools on how to reach out and help someone who may be in crisis. Register for this free 60-minute webinar to learn how to recognize the signs, find the words, and reach out. Available in English on Tuesday, May 27th from 9:00 – 11:00 AM. Please register by visiting: <https://www.rivcospc.org/get-trained>

### ASIST (Applied Suicide Intervention Skills Training)

Join us Wednesday May 28<sup>th</sup> & Thursday May 28<sup>th</sup> from 8:30am to 4:30 pm for this *two-day* interactive workshop that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. To register please visit <https://www.rivcospc.org/get-trained>



### Stand Against Stigma



This program is designed to reduce the effects of stigma surrounding mental health challenges in our community through sharing experience, strength, and hope. Stand Against Stigma provides a platform for speakers with lived experience of mental illness and or substance use challenges to create mutuality through personal stories of hope and recovery. In a 60-minute presentation our speakers will share about their journey in coming to learn about their own mental illness, what it looked like for them, and how they recovered. Join us May 29<sup>th</sup> from 4 p.m to 5 p.m. via ZOOM. To register please scan the QR code or visit for more information: [Flyer](#)



### Limit your screen time today!

To prioritize mental wellness, consider limiting screen time, engaging in offline activities, and practicing mindfulness to reduce stress and improve focus, as excessive screen time has been linked to increased anxiety and depression. By consciously disconnecting from screens and social media, we can enjoy improved sleep, reduced eye strain, and enhanced posture. Additionally, limiting our exposure to social media can lead to decreased anxiety, increased focus, and enhanced emotional well-being.



### Play an Active Role in Suicide Prevention



This May join a subcommittee on the Riverside County Suicide Prevention Coalition. Contribute to the amazing work being done by our sub-committees! Join a subcommittee today! Scan the QR code or Visit [www.rivcospc.org](http://www.rivcospc.org) for a brief description of each sub-committee's objectives. If you have additional questions regarding the coalition, please email us at [pei@ruhealth.org](mailto:pei@ruhealth.org)