Each day includes a stigma-reducing, mental wellness-promoting activity for you and/or a loved one to engage with! For resources and more, please visit: https://www.ruhealth.org/behavioral-health/about-pei



Desert Event

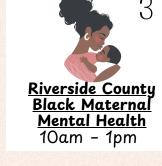
THU



FRI

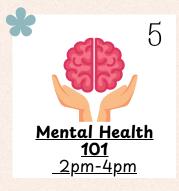


SAT





SUN



See the Activity Guide for details about all listed activities.

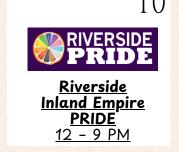
MON



WED











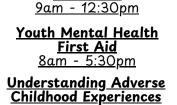


<u>Signs</u>

<u>2pm-4pm</u>

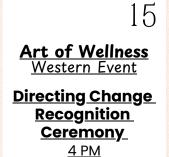
screening

TUE



<u>6pm-7pm</u>

**SafeTALK** 



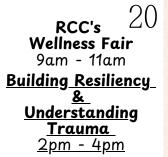


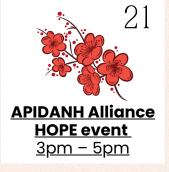




Start journaling









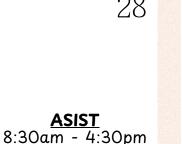


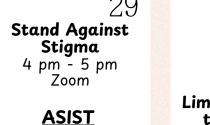












8:30am - 4:30pm







## May is Mental Health Activity Calendar A month full of Mental Wellness

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 happiness 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.

To access Toolkits for the Month of May please visit:

May is Mental Health Matters Month Toolkit Maternal Mental Health Month Toolkit AAPI Heritage Month Toolkit



Scan the OR Code to access the <u>activity guide, flyers and more!</u>



