

























| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|--|---|---|
| <p>Each day includes a stigma-reducing, mental wellness-promoting activity for you and/or a loved one to engage with!</p> <p>For resources and more, please visit: https://www.ruhealth.org/behavioral-health/about-peh See the Activity Guide for details about all listed activities.</p> | | | | <p>1 What is Your Word? Hope & Justice Contest Art of Wellness <u>Desert Event</u></p> | <p>2  Wear Lime Green for Mental Health Awareness!</p> | <p>3  Riverside County Black Maternal Mental Health 10am - 1pm</p> |
| <p>4  Tea for the Soul 2:30 - 6pm</p> | <p>5  Mental Health 101 2pm-4pm</p> | <p>6  Take an online mental health screening</p> | <p>7  Children's Mental Health Awareness Day</p> | <p>8  Art of Wellness <u>Mid-County Event</u></p> | <p>9  Pause and take a breath.</p> | <p>10  Riverside Inland Empire PRIDE 12 - 9 PM</p> |
| <p>11  Raise Awareness for Maternal Mental Health Month</p> | <p>12 Stand Against Stigma 4pm - 5pm Zoom Self-Care & Wellness 9am - 11am</p> | <p>13  Know the Signs 2pm-4pm</p> | <p>14 SafeTALK 9am - 12:30pm Youth Mental Health First Aid 8am - 5:30pm Understanding Adverse Childhood Experiences 6pm-7pm</p> | <p>15 Art of Wellness <u>Western Event</u> Directing Change Recognition Ceremony 4 PM</p> | <p>16  Tell them about your experience with mental illness</p> | <p>17  DSMS May Mental Health Month Event 8am-2pm</p> |
| <p>18  Go for a walk</p> | <p>19  Reflect on your feelings</p> | <p>20 RCC's Wellness Fair 9am - 11am Building Resiliency & Understanding Trauma 2pm - 4pm</p> | <p>21  APIDANH Alliance HOPE event 3pm - 5pm</p> | <p>22  Practice Self Care</p> | <p>23  Explore a new hobby</p> | <p>24  Volunteer</p> |
| <p>25  Start journaling</p> | <p>26  Connect with loved ones</p> | <p>27  Know the Signs 9am - 11am</p> | <p>28 ASIST 8:30am - 4:30pm</p> | <p>29 Stand Against Stigma 4 pm - 5 pm Zoom ASIST 8:30am - 4:30pm</p> | <p>30  Limit your screen time today!</p> | <p>31  Join the Suicide Prevention Coalition</p> |

MAY 2025

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 QR Code to access the [activity guide, flyers and more!](#)

