

A graphic of a human brain rendered in a watercolor style with various colors like blue, green, red, and purple. The text 'May is Mental Health Month' is overlaid on the brain in a large, white, bold font with a blue outline.

# May is Mental Health Month



## DID YOU KNOW?

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### MAY IS MENTAL HEALTH MONTH!

Celebrate Mental Health Month with this Top 10 list:

1. Celebrate Mental Wellness by going to the Block Party! (insert info)
2. Become a member of NAMI Southeast Colorado: <https://www.nami.org>.
3. Do a screening with Mental Health America: <https://screening.mhanational.org>.
4. Take a Mental Health (self-care) day
5. Watch Health Solutions HIVE on YouTube: <https://www.youtube.com/channel>
6. Do one of the suggested activities on the Crisis Survival Skills card: <https://www.health.solutions/>
7. Take a free Q.P.R. class: <https://pueblosuicideprevention.org>.
8. Take a Mental Health First Aid Class: <https://www.secahec.org>.
9. Volunteer somewhere like the soup kitchen, Co-Operative Care or Mobile Showers
10. Become a member of Mental Health America Pueblo: <https://www.pueblomentalhealth.org>.