



## Suggested Activities for Promoting Mental Health Awareness Month

The media offers a rich variety of resources to publicize mental health awareness. Please use the media liberally. Below are some suggested activities and methods.

### *Suggested Activities for Individual Clinicians in Your State Chapter for Mental Health Awareness Month*

The following suggested projects are designed to increase public awareness of Mental Health Awareness Month and the need for good mental health.

Use Hashtag #MentalHealthAwarenessMonth, #Wellness, and #MentalHealththisHealth

<i>Sunday May 1</i>	<i>Get Ready!</i> Spend today announcing to Facebook, Twitter and everyone who will listen that today starts the beginning of Mental Health Awareness Month sponsored by your State Chapter and AMHCA. Use suggested posts below or just merely say thank you to your colleagues and clients who continue to inspire excellence in your practice.
<i>Monday May 2</i>	Contact program chairs of civic and professional organizations and offer to give a presentation on an aspect of mental health or do a live stream. This 20-30 minute talk can be based on the value and importance of good mental health, or on any topic the speaker is comfortable discussing.
<i>Wednesday May 4</i>	<i>Social Media Blitz.</i> Use Facebook, twitter, email, and other social media outlets to be utilized as a forum for discussion on mental health counselors and the issues of stigma in mental health.  Talking points to include: <ul style="list-style-type: none"><li>• Support for mental health being a part of overall health</li><li>• Awareness of Training Counselors Receive</li><li>• How Counselors Help People</li><li>• Supporting Mental Health in the Military</li><li>• Feel free to direct people to AMHCA practice guidelines, blogs and publications</li></ul> Submit articles to online sites and blogs on mental illness and public awareness
<i>Wednesday May 18</i>	<i>Explain Mental Health is key to overall wellness and health of individuals.</i> Share with the community information about how you can help them. Explain to a community event what you do and how you are able to help someone in need.



	Describe your qualifications and experience in order to show your excellence and then inform a community population how you are able to use your skills to better their lives.
<i>May 8-21</i>	<i>Sign up for our Virtual 5k Run to promote Mental Health Awareness and Wellness.</i> For a virtual event you can just set up a Facebook page or group and ask that people take a walk this week or that day and send in a photo.
<i>Friday May 27</i>	<i>Wrap up.</i> Send photos and synopsis of events to the local papers, online news and media outlets, school websites, and any other outlet that may publish the message of public health awareness along with counselor resource materials. Always include AMHCA logo and information at every event, interview, articles, and discussion panel.

Feel free to utilize the following images throughout the month.



# **MENTAL HEALTH IS HEALTH**

**Members of the American Mental Health Counselors Association advocate for the betterment of others and the advancement of health and well-being.**



**Unplug**



**Validate  
Feelings**



**Journal**



**Reach Out**



**Reframe  
Thoughts**



**Rest**





Mental health  
specialists/professionals  
with the training,  
expertise, and aptitude  
to assist you include:

---

Clinical Mental Health Counselors (LCMHC, CMHC, LPC)

---

Psychologists

---

Social Workers (LCSW)

---

Marriage and Family Therapists (LMFT)

---

**#MentalHealthAwarenessMonth**  
**#MentalHealthIsHealth**

American Mental Health Counselors Association



**"Mental health is just as important  
as physical health and deserves  
the same quality of support."**

#MentalHealthIsHealth

#MentalHealthAwarenessMonth

American Mental Health Counselors Association



# You Are Not Alone

---

Read That Again.

Many mental health professionals  
are available to talk to you.



#MentalHealthAwarenessMonth