



MAY 2021

BEACH CITIES LEARNING/LEARN ACADEMY

MENTAL HEALTH AWARENESS MONTH

Mental Health

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This month is used to raise awareness and reduce the stigma around mental health. About 1 in 5 people in the US experience mental illness each year.

The National Alliance on Mental Illness (NAMI) uses this month to amplify the message of "You Are Not Alone." This acknowledges that it's okay to not be okay and to ask for help in safe ways.



Self-Care: Ways to Care for Your Mental Health

- Look for opportunities to laugh
- Get enough sleep
- Go for a walk
- Create a "no" list - set healthy boundaries
- Be kind to yourself
- Stay connected with others

**YOU ARE
NOT
ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

National Mental Health Counseling Week

MAY 6TH-12TH

Mental Health Counseling Week is a specific week of the year that highlights the mental health counselors in our nation! This week was created to help underscore the importance of mental health and break the stigma of seeking help from a mental health counselor.

I  National
Mental Health
Counseling Week

How to ask for help:

- 1 – Resist Judging Yourself.
- 2 – Reach Out Where You Feel the Most Comfortable and Safe.
- 3 – Practice Saying "This Feeling is Not Permanent."
- 4 – Have A Friend Come With You To Talk To A Teacher or Therapist.

Mental Health Challenge

<input type="checkbox"/> Day One	<input type="checkbox"/> Day Two	<input type="checkbox"/> Day Three	<input type="checkbox"/> Day Four
Pick one to do each day: <input type="checkbox"/> Meditate <input type="checkbox"/> Yoga <input type="checkbox"/> Go outside <input type="checkbox"/> Journal	Make a to-do list (add the little things!) See how much you get done in a day!	Research a new DBT/ CBT/ACT coping skill.	Intentionally make the time to pamper yourself. Schedule it and stick to it.
<input type="checkbox"/> Day Five	<input type="checkbox"/> Day Six	<input type="checkbox"/> Day Seven	<input type="checkbox"/> Day Eight
Put some extra love and time into your relationships.	Choose an affirmation to repeat through out the day.	Plan a date night for yourself that's all about self-care.	Focus on your morning and evening self-care routines.
<input type="checkbox"/> Day Nine	<input type="checkbox"/> Day Ten	<input type="checkbox"/> Day Eleven	<input type="checkbox"/> Day Twelve
Clean up your online spaces. Unfollow, block, or unsubscribe.	Have a rest day. Rest in physically but also mentally.	Make a list of all the things you're grateful for.	Write down what you most enjoyed or what was helpful to you!

BlessingManifesting

A spiral-bound notebook with a white cover is positioned vertically on the left side of the image. To the left of the notebook, there are two pink roses with green leaves. The background is a solid light pink color.

Resources

Mental Health Counseling Resources:

Call the NAMI Helpline at
800-950-NAMI

Or in a crisis,
text "NAMI" to 741741

<https://didihirsch.org/impact/erasing-stigma/>

LGBTQ Trevor Project Resource: Text or Call
(866) 488-7386

BetterHelp Online Counseling
<https://www.betterhelp.com>