

# Riverside County May is Mental Health Matters Month 2020 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>Week 1: Express Your Support</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>Where's the Green Ribbon?</b> Show your support and creative side by hanging window art and green ribbons. How many can you spot when you're out and about? <a href="#">#PEIMay2020</a>	<b>Let's Taco 'bout Mental Health!</b> Get your tacos and join the #ManySidesToMyStory Social Media challenge! <a href="#">manysidestomystory.com</a>	<b>Know the Signs: English Presentation</b> Learn the signs, find the words, and reach out Times: 9:00, 1:00, 5:00 Register: <a href="mailto:PEI@ruhealth.org">PEI@ruhealth.org</a>	<b>Hope and Recovery Presentation</b> Hear inspirational stories of hope and recovery Time: 11:00 AM Register: <a href="mailto:ron.hoffman@riinternational.com">ron.hoffman@riinternational.com</a>	<b>Know the Signs: Spanish Presentation</b> Learn the signs, find the words, and reach out Times: 9:00, 1:00, 5:00 Register: <a href="mailto:PEI@ruhealth.org">PEI@ruhealth.org</a>	
<b>Week 2: Express Your Well-being</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<b>Practice Self-Care and Watch Yourself Bloom</b> Spend some time gardening for self-care. Plant some new seeds and share a video or post with messages of hope. <a href="#">#PEIMay2020</a>	<b>Mental Health 101 Presentation</b> Learn more about mental health and your well-being. Find the recorded presentations at RUHS-Behavioral Health Facebook page or the Up2Riverside page	<b>Recovery Works with Art Works</b> Join a free interactive art lesson on Zoom and show your creativity. Learn about resources available Time: 1:00 Register: <a href="mailto:anita.six@riinternational.com">anita.six@riinternational.com</a>	<b>Art for All Ages</b> Join Inland Caregiver Resource Center for a presentation on using art as a wellness tool – for all ages (older adults especially) Contact: <a href="mailto:jlopez@inlandcaregivers.org">jlopez@inlandcaregivers.org</a> <a href="mailto:candre@inlandcaregivers.org">candre@inlandcaregivers.org</a>	<b>Color for Calmness</b> Use art as a form of therapy by taking time to color these pages with positive messages <a href="#">English Coloring Pages</a> <a href="#">Spanish Coloring Pages</a> Share online! <a href="#">#PEIMay2020</a>	
<b>Week 3: Express Encouragement</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<b>Chalk Your Walk</b> Get creative with some sidewalk chalk - write and share words of encouragement and promote mental health awareness. <a href="#">#PEIMay2020</a>	<b>Mental Health Rocks!</b> Paint inspirational rocks to leave for others to find. Share with <a href="#">#PEIMay2020</a>	<b>Many Sides to Our Story</b> Watch inspiring TAY from Operation Safehouse on Instagram Live share the many sides to their stories... <a href="#">@CupofHappyWest</a> <a href="#">@CupofHappyEast</a>	<b>Take One</b> Print and hang this poster to brighten someone's day. Available in <a href="#">English</a> Available in <a href="#">Spanish</a>	<b>Directing Change</b> Statewide 2020 Winners Announced! Check out amazing PSAs on Mental Health and Suicide Prevention from young filmmakers	
<b>Week 4: Express Unity</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>Attitude of Gratitude</b> Start a gratitude jar! Write down messages of hope and what you are grateful for throughout the week	<b>Take My Hand</b> Learn more about this free on-line chat with 24/7 Peer support. Find a sense of belonging – don't feel alone	<b>Reach Out</b> Make a point to reach out to someone in your life and let them know you are thinking about them, that you care.	<b>Attitude of Gratitude</b> Check your gratitude jar! Plan a virtual meeting with distant family and friends; plan a dinner together.	<b>Express Your Gratitude</b> With your loved ones (in person or virtual) share the gratitude from the week over a dinner together.	
<b>31</b>	<b>Help is within reach: Local Suicide Crisis Line COVID-19 Info line National Suicide Prevention Lifeline RUHS-Behavioral Health Access Line</b> <b>(951) 686-HELP 2-1-1 1(800)273-TALK 1(800)706-7500</b>					