

Riverside County May is Mental Health Matters Month 2020 Activity Calendar

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