Medfield Coalition for Suicide Prevention
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Medfield Outreach & Medfield Coalition for Suicide Prevention promotes mental health during Mental Health Awareness Month in May 2024

The Medfield Coalition for Suicide Prevention (MCSP), welcomes you to Mental Health May! This month we are highlighting some of our amazing things our community partners are doing to promote mental health. Please use this link https://www.town.medfield.net/2258/Mental-Health-Awareness-Month to see a detailed calendar of Mental Health May events. There is a little something for everyone this May!

Visit Medfield Public Library to participate in one of a few book reads for various ages; or enjoy some mindful crafting! If you prefer, participate in Park and Rec's FREE Yoga offerings this month! Join SEPAC for a night focused on the importance of self-care. Or follow the lead of town employees to make time for a walk during your lunch break. The Center will continue to host weekly blood pressure clinics on Wednesdays with Public Health Nurse, Brenda Healy and will add optional mental health screenings on May 8th and 22nd.

The Medfield Public School system has mental health covered as well. Join the district in "Going Green" for mental wellness on Wednesday, May 15th. Or ask your student about daily prompts inviting them to practice mindfulness as they start their day. Come by and see the "Chalk Out Stigma" activity hosted by Medfield High School's Active Minds chapter on May 8th.

Follow Medfield Outreach on social media, during the month of May, and all year long to learn about mental health facts and resources. Always feel free to share, repost to help raise awareness and reduce stigma. We are excited to highlight the importance of mental health as part of overall health this month (and beyond).

The Medfield Coalition for Suicide Prevention, funded by the Medfield Foundation, was created in September 2017 and is composed of community members and professionals who care about mental health. Our mission is to promote the mental health and emotional wellbeing of all community members, raise awareness, reduce stigma and educate our community to help end suicide. Our vision is to build a community where suicide, self-harm and stigma have been replaced by hope, self-care and acceptance. The coalition is open to all community members! Learn more on our website at https://www.medfieldcsp.org/ or email us at medfieldoutreach@medfield.net for the monthly meeting schedule.