

# Mental Health Awareness Month

The month of May was Mental Health Awareness Month and this year's theme centered around Tools 2 Thrive, encouraging that mental health information and coping strategies be shared and made accessible to the public.

Below is a short list of some ways the Behavioral Health department contributed to Mental Health Awareness Month by offering the following mental health focused resources and activities:

- Weekly posts about mental health to the tribe's Facebook page
- Mental health resources featured on the tribe's digital billboard
- Bringing mental health information to be available at local sites around the Red Cliff community
- Youth Digital/Picture Story Contest with the prompt, "What supports your Mental Health?"



A Mental Health Awareness Walk had also been organized to celebrate the month, it ran from May 17th to May 28th. For the Awareness Walk, interested community members were given t-shirts to commemorate the occasion and were asked to send pictures of themselves and their family/friends wearing the t-shirts while outdoors.

Thanks to everyone who showed their support for Mental Health Awareness Month! Let's continue to raise awareness about mental health all year round and work towards reducing the social stigma often tied to mental health that may prevent someone from seeking help.

