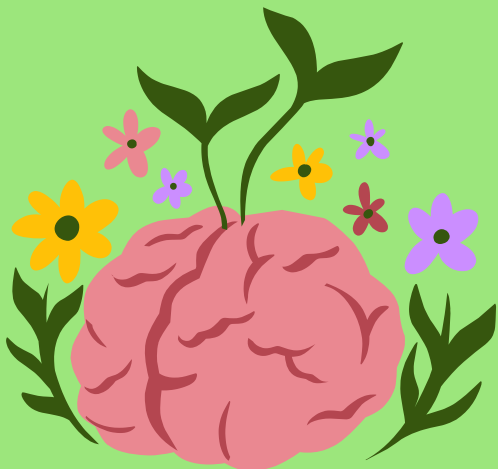


MAY IS MENTAL HEALTH AWARENESS MONTH...

THIS MONTH AIMS TO ADDRESS THE STIGMA SURROUNDING MENTAL HEALTH CONDITIONS, FOSTER EMPATHY AND UNDERSTANDING, AND TO EMPHASIZE THE IMPORTANCE OF MENTAL HEALTH AND OVERALL WELL-BEING. IT ALSO SERVES AS A PLATFORM TO PROVIDE INFORMATION ABOUT MENTAL HEALTH RESOURCES, SUPPORT SERVICES, AND STRATEGIES FOR MAINTAINING GOOD MENTAL HEALTH.



HOW CAN BCSD SUPPORT?



- PRACTICE SELF-CARE IN YOUR DAILY LIFE
- TALK TO A COUNSELOR
- TALK TO A SAFE ADULT
- BE KIND TO ONE ANOTHER
- LEARN ABOUT MENTAL HEALTH DISORDERS
- WEAR GREEN

RESOURCES:

ANXIETYINTHECLASSROOM.ORG

MHANATIONAL.ORG

NIMH.NIH.GOV/HEALTH