May is National Mental Health Month!

1 in 5 people live with a mental health condition. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. Raising awareness on your own, as part of a small group or part of your community can make a difference. Taking action and raising awareness of mental health conditions can break down obstacles and improve the chance of recovery for the millions of Americans with a mental illness. - See more at: https://www.nami.org/get-involved/raise-awareness#sthash.jLtnDiOp.dpuf

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Children's Mental Health Awareness Week	4	5	6	7
8 National Nursing Home Week	9 National Hospital and Healthcare Week	10	11	12	13	14
15 National Prevention Week	16 Prevention of Tobacco Use	17 Prevention of Underage Drinking & Alcohol Abuse	18 Prevention of Opioid & Prescription Drug Abuse	19 Prevention of Illicit Drug Use & Youth Marijuana Use	20 Prevention of Suicide	21 Promotion of Mental Health & Wellness
22	23	24	25 National Senior Health & Fitness Day	26	27	28
29	30	31				

Community Resources

- NAMI CT Support Groups
- Show You Care. Connect and Share
- CT 2-1-1
- Focus on Recovery-United—Trainings
- DMHAS—Advocacy and Support Page
- Mental Health Connecticut—Mental Health Month Calendar

Online Resources

- Succeeding at Work
- Supporting Loved Ones
- Mental Health Therapy on Pintrest
- Beyond OCD
- Anxiety.org
- Borderline Personality Disorder Resource Center
- Schizophrenia and Related Disorders Alliance of America
- National Center for PTSD
- Depression & Bipolar Disorder—Working Toward Wellness Workbook

Toolkit links

- Tell Me About Schizophrenia Video
- Mental Health America 2016 Mental Health Month Toolkit
- National Alliance on Mental Illness Toolkit
- BHcare Mental Health MonthToolkits
- Children's Mental Health Awareness Toolkit
- Stop Stigma with Science
- NAMI-Media Info graphics
- PEARLS Info
- PEARLS Toolkit

#MentalHealthMonth   #IAmStigmafree   #MentalIllness   #NAMIAIR