



**MENTAL  
HEALTH  
AWARENESS**

**RESOURCE TOOLKIT**



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The background features a large, light green circular brushstroke that frames the text. The overall design is composed of various shades of green, with abstract, organic shapes and patterns that create a sense of movement and depth. The text is centered and rendered in a bold, black, sans-serif font.

**MENTAL  
HEALTH  
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# INTRO



May is Mental Health Month — a time to celebrate and highlight the importance of mental well-being for people of all ages. It's an opportunity to shine a light on the value of maintaining mental health and to encourage meaningful conversations about topics often stigmatized. We also recognize Children's Mental Health Week, which takes place during the first full week of May each year (May 5th to May 11th this year). This week is dedicated to raising awareness about the mental health needs of children and adolescents, emphasizing the importance of early intervention, and support in nurturing their emotional well-being.

This toolkit was created to provide valuable resources for both youth and adults and encourage open conversations that create safe spaces for everyone to express themselves and seek help when needed. Fostering mental health in young people sets the foundation for healthier, happier futures. We hope you use this toolkit to find inspiration to prioritize mental health in daily life!



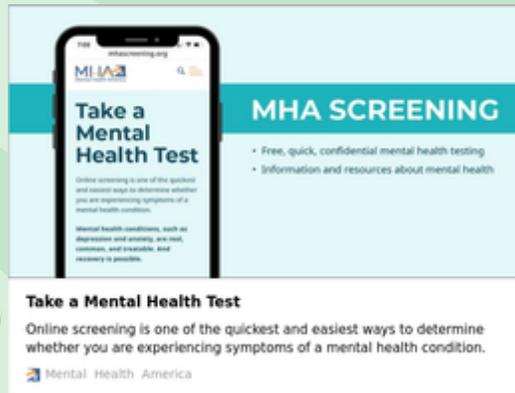
# FOR EVERYONE



Your mental health is an investment in your future. Begin by checking in with yourself, and then take intentional steps toward self-care as your starting point. Consider taking a free, anonymous mental health screening from Mental Health America, and discover self-care practices that resonate with you—whether through mindfulness, physical activity, or creative activities.

## ACTION:

**Take a Mental Health Test/Screening today. After your screening, you will see information, resources, and tools to help you understand and improve your mental health.**



## BONUS ACTION:

As summer approaches and the new school year is just a few months away, it's a great time to discuss with your school administration the possibility of introducing Free Your Feels activities and programs in the new school year. These initiatives, such as a Free Your Feels Peer-to-Peer Wellness Group or a Feelings Friday monthly event, can help reduce stigma and increase mental health awareness.

Contact us at [freeyourfeels@gmail.com](mailto:freeyourfeels@gmail.com) to learn more!

# FOR YOUTH



Taking small steps each day to promote your mental well-being can have a profound impact on your overall health and happiness. By incorporating positive activities into your daily routine, you can gradually build resilience, reduce stress, and improve your mood. Use a daily calendar of small activities as a guide to support your journey towards better mental health!

## MENTAL HEALTH *matters*

### May is Mental Health Awareness Month

SUN	MON	TUES	WED	THU	FRI	SAT
	1 Cook a healthy and delicious meal	2 Declutter and organize one space at home or work	3 Enjoy some quiet time and 'unplug'	4 Spend time outdoors today	5 Make a list of things you are grateful for	6 Make time for laughter- watch a funny show or movie
7 Allow yourself time to rest and reset today	8 Set boundaries with yourself and others	9 Send a note to a friend to just say hello	10 Do something to pamper yourself	11 Start your morning with a hot tea or coffee	12 Take 10 deep breaths and notice how you feel	13 Have a no plans day and notice how that feels
14 Pick up the phone and call a friend to connect	15 Spend a few minutes journaling	16 Dress in your favorite outfit today	17 Give yourself permission to say "No"	18 Treat yourself to something special	19 Listen to your favorite song and remember it's meaning	20 Scan your body and mind- notice how you feel
21 Get out into nature- notice everything around you	22 Write down your goals for the week	23 Sit still for 5 minutes and just breathe	24 Spend a few minutes doing something artistic	25 Do an act of kindness for someone	26 Speak kindly to yourself- like you do others	27 Catch up on sleep if your body needs it today
28 Think about one of your strengths and use it today	29 Think about a way you have helped others in the past	30 Find time for a little self-care	31 Be gentle with yourself when you make a mistake			



## ACTION:

Use this Mental Health Month calendar as a source of inspiration to create your own! It highlights positive mental health activities for each day in May.



# FOR PARENTS & CAREGIVERS



The On Our Sleeves campaign (from the Kids Mental Health Foundation) offers tools and tips to help parents talk to their children about mental health, manage strong emotions, address bullying, and cultivate happiness. These resources are particularly helpful during Mental Health Month, as they empower parents to guide their children towards resilient minds and emotional health.

## ACTION:

Explore the many helpful resources directed to parents and caregivers from On Our Sleeves [here](#)



**The Kids  
Mental Health  
Foundation™**

### Resources for Parents and Caregivers

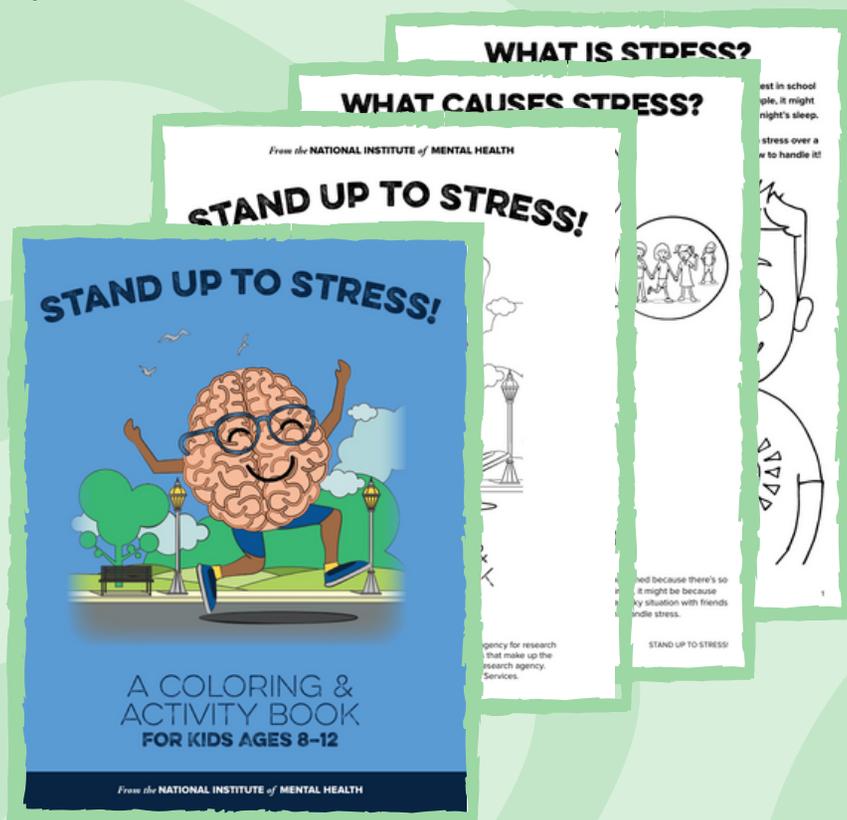
Our mental health experts have created free, easy-to-use resources around kids' mental health.

 The Kids Mental Health Foundation

# FOR EDUCATORS & PROFESSIONALS



K-12 schools, community centers, afterschool programs, and similar institutions play a vital role in supporting youth mental health and well-being. Adults in these spaces provide access to social, mental, and physical health resources while fostering connections between young people and mentors, professionals, and peers. Every adult can contribute — whether by posting positive affirmations, hosting a mental health event, or creating a dedicated wellness space (e.g. a Calming Corner) — each effort helps support youth mental health.



## ACTION:

The National Institute of Mental Health offers a free coloring and activity book designed for kids aged 8-12. This book teaches simple techniques to manage stress and enhance mental well-being. Print several copies and have them available on-site to support any youth in your space.



FOR URGENT SUPPORT TEXT OR CALL 988

# DECAL'S CHILDREN'S MENTAL HEALTH WEEK

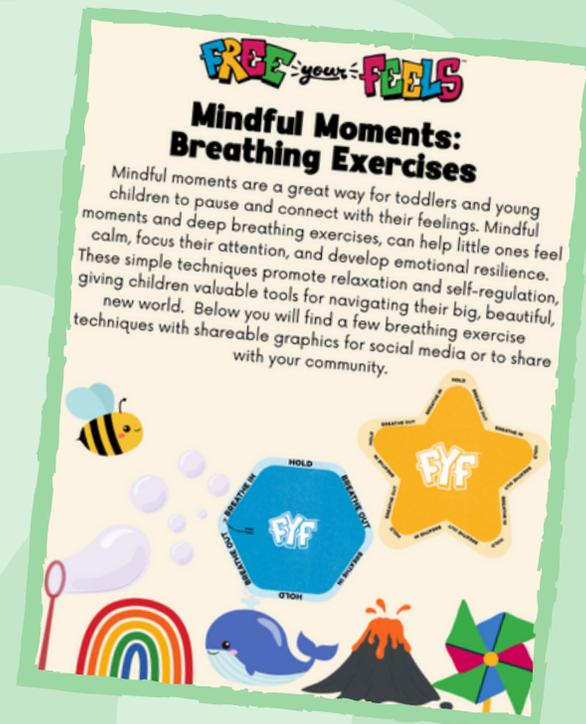


Free Your Feels is excited to be the social media sponsor for DECAL's fifth annual Children's Mental Health Week, May 5–9, 2025.

Children develop social and emotional skills and mental health through strong, nurturing relationships with the adults in their lives. There is a window of opportunity in early childhood to establish the foundation for a child's emotional wellbeing throughout life. During Children's Mental Health Week, we promote activities that help children develop social emotional skills. This week also celebrates the profound impact of early learning professionals and all caregivers on the emotional wellbeing of young children.

## ACTION:

Check out the weeks activities, lessons, tips, and learn more about DECAL's CMHW [here!](#) Take a Breath reference guide [here!](#)





## **QUESTIONS? CONTACT**

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