

Mental Health Awareness Month: Resources Tool-Kit

This Year's Theme: Where to Start- Mental Health in a Changing World

Week 1 Let's Talk about Mental Health

May 1, 2024 – May 3, 2024

We all have Mental Health, which refers to our ability to connect with our emotions, thoughts, interactions with others, and the world around us. It influences our daily thoughts, feelings, and actions. To safeguard our mental health, we should pay attention to it even when feeling fine. Just like our physical health, we can take steps to improve our mental well-being and happiness.

[Understanding Mental Health Stigma Exercise and Mental Health](#)

[Mental Health Management Bingo Mindfulness for Educators](#)

[Tools 2 Thrive | Mental Health America \(mhanational.org\)](#)

Week 2: Connecting with Yourself

May 6, 2024 – May 10, 2024

Self-connection, or self-care, involves developing habits and practices that promote well-being. These can include activities that require intention and effort but ultimately contribute to mental health and happiness. Prioritizing time for self-connection is crucial; it doesn't have to be expensive or time-consuming. It is essential to find what works best for you and incorporate it into your daily routine.

[Benefits of Journaling](#)

[Dealing with Feelings](#)

[Ten Tools for Resiliency](#)

Week 3: Connecting with Others

May 13, 2024 – May 17, 2024

Social connection is a building block for mental health. People thrive when feeling socially connected to other people. Both causal connections, like waving to relationships, help us succeed and feel connected to others and our community. Creating more welcoming communities and environments for everyone will support mental health and well-being.

[Surgeon General's 5-for-5 Connection Challenge](#)

[The Roadmap to Friends Supporting Friends](#)

[Social Ties Boost Survival by 50 Percent](#)



Week 4 Connecting with Nature

May 20, 2024 – May 24, 2024

Nature is a natural stress buffer. Supporting connection to nature for individuals, families, and communities can support Physical Health, Emotional Regulation and reduction in Behavior problems, Social Connectedness and belonging, Spiritual Development, Educational outcomes, and Reduced rates of violence.

[Natural resources education | Minnesota DNR \(state.mn.us\)](#)

Week 5 Connecting to Resources and Supports

May 27, 2024 – May 31, 2024

When you're struggling with your mental health, it's crucial to seek out the right kind of support. The type of help you need will depend on your specific challenges. In many cases, it's wise to begin by reaching out to people you already have relationships with, such as trusted friends and family members, your primary healthcare provider, or local mental health resources.

Miami-Dade County Public Schools District Resources

- [Department of Mental Health Services](#)
- [Student Services \(dadeschools.net\)](#)

National/ Local Numbers

- **JCS Switchboard of Miami – 211**
- **National Suicide and Crisis Lifeline – 988**
- **M-DCPS Mental Health Parent Assistance Line (305) 995-7100**

