

MENTAL HEALTH AWARENESS MONTH

WEAR GREEN ON WEDNESDAY 5/17/2023

Join us in the Quad at lunch



MAY IS MENTAL HEALTH AWARENESS MONTH

SOURCES: NAMI & MENTAL HEALTH AMERICA

Each year millions of individuals face the reality of living with mental health challenges. May is Mental Health Awareness Month and every year the goal is to fight stigma, provide support, educate the public, and advocate for policies that support people with mental health challenges and their families.

Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization. Its purpose is to raise awareness and educate the public about mental illness and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses.

For the month of May, we are challenging you to make small positive changes in your life that can benefit your mind and your body. Document these changes and feel free to share with others. You may be surprised by how much positive impact one small change can have on your life.

YOUR PSW COUNSELOR IS
HERE TO SUPPORT YOU!

JOHANNA JOHNSTON, LCSW,
PPSC

Johanna.johnston@lausd.net

Canoga Park High School
Monday-Friday 8-4:30

YOU ARE
NOT
ALONE

Stigma and discrimination have
caused so many of us to suffer. This
#MHM let's break down stigma so
no one struggles in silence.

#NotAlone

nami.org/mentalhealthmonth

YOU ARE
NOT
ALONE

1 in 6 youth aged 6-17 experience a
mental health condition each year.

#NotAlone

nami.org/mentalhealthmonth

THE #4MIND4BODY CHALLENGE

MENTAL HEALTH AMERICA

This year's campaign, #4Mind4Body, is encouraging individuals to focus on the following healthy aspects of your daily lives to promote mental wellness:

- Maintain uninterrupted sleep for 8 hours each night.
Eat 2-3 well-balanced meals per day.
- Drink at least 3 liters of water per day.
- Engage in a physical activity for at least 30 minutes a day.
- Stay away from toxic thoughts, toxic people, and toxic conversations.
- Engage in positive thoughts and conversations. Practice mindfulness or meditation daily.
Learn how to manage your stress.
- Stay present in your daily relationships.
- Avoid "screen time" and engage in more "in person time".
- Take time for yourself every day.



RESOURCES

There are several resources available to help support your mental health and wellness.

- **Happify:** Happify brings you effective tools and programs (via the web and an app) to help you take control of your feelings and thoughts using proven techniques developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy.
- **CALM, Headspace, UCLA Mindfulness:** Meditation websites & apps available.
- **Youth Yellow Pages:** TEEN LINE's YouthYellow Pages helps connect teens with resources in Southern California.

HOTLINE NUMBERS

- LA County Department of Mental Health (800) 854- 7771 **or 988**
- National Suicide Prevention Lifeline (800) 273-TALK (8255) (24 hours)
- Crisis Text Line - Text LA to 741741
- Teen Line - text "Teen" to 839863 (6-10pm)
- Peer-Run Warm Line 1-855-845-7415 peer-run non-emergency emotional support
- LAUSD Student & Family Wellness Hotline 213-241-3840 (8am -5pm M-F)

BREAKING THE STIGMA

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- The COVID-19 pandemic has had profound impacts on the mental health of people of all ages, and now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevents individuals from seeking help.
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.
- It's important to accept the situations in life that we cannot change, actively work to process the mental struggles associated with big changes, manage anger and frustration, challenge negative thinking patterns, and make time to take care of yourself.
- Knowing when to turn to friends, family, teachers & counselors when you are struggling with life's challenges can help improve your mental health.
- Seeking professional help when self-help efforts to improve your mental health aren't working is a sign of strength, not weakness.

