

May is Mental Health Matters Month

Tuesday, May 8

Suggested Email Subject Line: There's Still Time: Get Involved in May!

We hope your Mental Health Matters Month is off to a great start.

There's already been such great momentum throughout the state. Last week the San Francisco Giants professional baseball team hosted an Each Mind Matters day at AT&T Park. Check out Each Mind Matters' [Facebook](#) page to view photos from the event, including the section filled with lime green!

How are you planning to get involved in May? Check out the Each Mind Matters [events](#) page to search for an event near you or add your own.

Other exciting events are happening soon. On Tuesday, May 22, 2018, the Directing Change Program and Film Contest will host its 6th annual award ceremony at the Historic Theater at the Ace Hotel in Los Angeles from 11 a.m. – 2 p.m. Young filmmakers created 60-second films to change the conversation about suicide prevention and mental health at their schools and in their communities. Join in as winners are announced and recognized. Visit the [website](#) for more info and to [reserve](#) your space.

Mental Health Matters Day is Wednesday, May 23, 2018 at the State Capitol. Join thousands from across California to advocate that mental health is a critical issue for everyone and unite in this opportunity to raise awareness, take action, and create change. For more information visit www.mentalhealthmattersday.org

Have you had a chance to look through the [2018 Each Mind Matters toolkit](#)? It's chockful of information and resources to support you in raising awareness for mental health in your community. For example, the "Say This Not That" tip sheet is a great guide for the things we should say – and what we should avoid - to someone in need of support.

More to come next week. We hope you've been wearing your lime green ribbon!

In the meantime, make sure to visit the (INSERT ORGANIZATION NAME) Facebook (INSERT HYPERLINK), Instagram (INSERT HYPERLINK), or Twitter (INSERT HYPERLINK) for more activities, ideas, and tips to promote mental health wellness in your home and community.

[Insert Agency/CBO Signature Line]