



MAY IS MENTAL HEALTH MATTERS MONTH

#StrengthInCommunity

TIP SHEET FOR CREATING CONNECTIONS

Strengthening connections looks different for different people and can take many forms: loving, close families; trusted friends; romantic relationships; active relationships with mentors, sponsors, and teachers; a group of people with a shared ethnic or cultural identity; and/or feeling part of a peer group at school, the place you worship, your neighborhood, or any other community important to you.

How can you find (and help create) more connection in your life, family and community? Try some of these tips and resources to get started:

What you can do as an **individual**:

- Taking care of your mental health can help improve the quality of your relationships with others. Learn more with our **guide to mental health**.
- **Improve your listening skills** and then practice in your daily life.
- Find someone who will listen. **Seven Cups** offers free, anonymous and confidential online text chat with trained listeners, online therapists & counselors: or find and connect with a supportive **peer group**.
- If you're an older adult, The Friendship Line (800) 971-0016 is a California-based service that reaches out to older adults, offering emotional and well-being resources, or explore the **Village Movement** a coalition of grassroots community organizations called villages across California striving to revolutionize the experience of aging.

What you can do as a **friend**:

- Watch these **10 Talks About Building Closer Relationships**.
- Learn **how to have a direct conversation** with someone you are concerned about, and where to find national and local resources for support.
- If you're a young adult, **learn how to be there for a friend** who's having a difficult time.



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What you can do as part of a **family**:

- An important part of increasing feelings of connection with another person is mutual self-disclosure. Not sure how to do that? Try some of these **36 questions**.
- Teach your kids **how to be supportive and the importance of their own mental health**.
- Connect with **other family members** if someone you care about is struggling with a mental health challenge.

What you can do to help your **community**:

- Help create more supportive spaces in your community by **volunteering to become a trained listener**.
- Use the tools in the Each Mind Matters **May is Mental Health Month activation kit** to create opportunities for connection and support in your school, workplace, or place of worship.