

BUILDING A HEALTHIER MARYLAND

STATE HEALTH IMPROVEMENT PLAN



Public Health Services Administration

Thursday, May 1, 2025



**Mental Health in the Workplace: Supporting
Employee Well-being**

Tuesday, May 13 | 1-2 p.m. ET

Join the American Public Health Association (APHA) for the **Mental Health in the Workplace: Supporting Employee Well-being** webinar, which will provide valuable insights into the growing importance of supporting mental health in the workplace. As mental health challenges continue to impact individuals across industries, this session will focus on strategies to promote employee well-being and create a healthier work environment.

Additionally, the session will highlight the importance of improving mental health literacy in the workplace, ensuring that all employees and employers have the knowledge and resources to recognize mental health concerns and respond effectively.

[Register Here.](#)

Funding Opportunity - Addressing Disparities in Social Determinants of Health and Obesity

The Maryland Department of Health Office of Minority Health and Health Disparities (MHHD) is currently accepting funding applications for the Addressing Disparities in Social Determinants of Health (SDOH) and Obesity in Maryland Communities grant. The application deadline is May 5th at 5 p.m. To learn more about SDOH and how to apply, please visit bit.ly/4j7NRpd

To apply for the grant, visit eMMA at emma.maryland.gov/page.aspx/en/bpm/process_manage_extranet/79777.

MHHD held a Pre-Application webinar to discuss the application process: youtu.be/wMJuGeJy1Vc

Public Health Observances



May is National Mental Health Awareness Month

Each May, the National Alliance on Mental Illness (NAMI) leads the nation in observing Mental Health Awareness Month, a time dedicated to raising awareness about mental health and promoting the importance of mental well-being. This year's theme, **"In Every Story, There's Strength,"** emphasizes the

power of sharing personal experiences to foster connection, reduce stigma, and inspire hope.

Throughout the month, NAMI encourages individuals to participate in various activities, including sharing personal stories, engaging in community events, and advocating for mental health policies. One notable event is the **NAMIWalks United Day of Hope on May 17, 2025**, where communities come together to support mental health awareness and services.

By participating in these initiatives, we can collectively work towards a society that values mental health and provides support for those affected by mental illness.

 Learn more and get involved:

nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month



National Women's Health Week: May 12–18, 2024

Each May, beginning on Mother's Day, the U.S. Department of Health and Human Services' Office on Women's Health (OWH) leads the nation in celebrating National Women's Health Week (NWHW). This year's observance runs from May 12–18, and it's all about encouraging women of all ages to make their physical, mental, and emotional health a priority.

2024 Theme:

Empowering Women, Cultivating Health: Celebrating Voices, Wellness, and Resilience

This year's theme focuses on empowering women to take charge of their health journeys and shining a light on health issues unique to women. It celebrates the resilience and strength of women everywhere while encouraging open conversations about wellness and preventive care.

Throughout the week, OWH will highlight daily health topics and share a variety of educational resources. From mental wellness and reproductive health to chronic disease prevention and healthy aging, each day presents an opportunity to learn and share.

Let's work together to create a culture where women feel supported, informed, and empowered to prioritize their health—because when women thrive, communities do too.

 Explore daily topics, access resources, and download the toolkit:

womenshealth.gov/nwhw

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