

# MAY

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**Maryland**  
DEPARTMENT OF HEALTH

SUN	MON	TUE	WED	THU	FRI	SAT
2 SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL GOOD.	3	4 MHA-MD: YOUTH MENTAL HEALTH FIRST AID COURSE	5 WEAR GREEN IN SUPPORT OF MENTAL HEALTH AWARENESS! TAG US IN YOUR PHOTO! BHA ANNUAL CONFERENCE	6	7	1/8
9 DO ONE THING NOW THAT YOU HAVE BEEN PUTTING OFF.	10 TAKE THE PLEDGE AND COMMIT TO YOUR MENTAL HEALTH.	11 <u>YOGA FOR BUILDING RESILIENCE</u>	12	13	14 TRAINING-RESILIENCE: <u>HOW TO BE OKAY WHEN THINGS ARE NOT OKAY AROUND YOU</u>	15
16 BE ACTIVE EVERY DAY IN AS MANY WAYS AS YOU CAN.	17	18	19	20 <u>MENTAL HEALTH ACTION DAY</u>  <u>JOIN US AT 12 PM FOR A LUNCH &amp; LEARN ON RESILIENCE</u>	21	22 <u>JOIN NAMI WALKS-YOUR WAY MARYLAND</u>
23 TAKE TIME TO BE CREATIVE TODAY: COLOR, PAINT, SING, WRITE	24	25 JOIN US AT 12 PM FOR A TWEETCHAT ON RESILIENCE	26	27 TRAINING-BUILDING <u>RESILIENCE AND UNDERSTANDING TRAUMA</u>	28	29
30 FOCUS ON THE THINGS YOU CAN CONTROL.	31					