



## **Mental Health Awareness Month 2021 Toolkit Guide Building Resilience for a Stronger Maryland**

Thank you for downloading our toolkit for 2021's Mental Health Awareness Month. May has been observed as Mental Health Awareness month since 1949. The goal of Mental Health Awareness Month is to provide education, support, and advocacy to those in need. This year's theme, Resilience, calls for Marylanders to learn skills that promote their individual resilience and advocate for their communities to build resilience.

In this toolkit, you will find ..... to help you or your organization.

### **Mental Health Awareness Month Pledge**

Download a copy of the Mental Health Awareness Month pledge to show your commitment to as an individual or an organization. After signing the pledge, don't forget to share it on social media by using the hashtags #buildingresilience and #StrongerTogetherMD. You can also tag our social media accounts: @PrevSuicideMD on Facebook and Twitter. If you don't have social media or want a chance to be featured in our Weekly Scoop, share your completed pledge with us by emailing it to [mdh.mdmindhealth@maryland.gov](mailto:mdh.mdmindhealth@maryland.gov).

### **Mental Health Awareness Month Proclamation**

Proclamations can be a good way to help raise awareness of an important issue or topic at the city, jurisdiction, or state level. The sample proclamation is designed to provide a starting point for a Mental Health Awareness Month Proclamation to be submitted to your city/town or county/jurisdiction. The proclamation can be edited to add information specific to your community. After completing the proclamation, you can submit it to your local government office responsible for issuing proclamations. You can find more information on where to submit your proclamation through your local county council or county executive's website. Send us a photo of the official signing of the proclamation or a photo of the proclamation! Tag us @PrevSuicideMD on Facebook and Twitter or send us an mail at [mdh.mdmindhealth@maryland.gov](mailto:mdh.mdmindhealth@maryland.gov) for a chance to be featured on our social media or weekly scoop!

### **Social Media Posts**

We've developed several images, cover photos, and social media posts for you to share on your Facebook, Instagram, or Twitter pages to help spread awareness of Mental Health Awareness Month. You can use the posts in the toolkit or come up with your own posts. Use the hashtags #BuildingResilience and #StrongerTogetherMD. You can also tag our social media pages @PrevSuicideMD on Facebook and Twitter!

### **Mental Health Awareness Month Events**

Below are additional ways for you to get involved and raise awareness during Mental Health Awareness Month while connecting with others!

### **Wear Green on May 5<sup>th</sup>**

We need your help to spread the word about mental health and wellness. You can help spread awareness and start a conversation about mental health by wearing green on Wednesday, May 5<sup>th</sup>. Ask your coworkers or students to wear green on May 5<sup>th</sup> and snap a virtual Zoom photo together! Be sure to take a picture and tag @PrevSuicideMD on Facebook and Twitter and use the hashtags #BuildingResilience and #StrongerTogetherMD to connect with other Marylanders observing Mental Health Awareness Month. If you'd like to be included in an edition of our weekly scoop, send us your photo at [mdh.mdmindhealth@maryland.gov](mailto:mdh.mdmindhealth@maryland.gov).

### **Twitter Chat on May 25<sup>th</sup>**

Join us (@PrevSuicideMD) on Twitter at 12 pm for a chat to share your ideas and experience with individual and community resilience.

### **Get Involved**

Looking for additional ways to learn about mental health and to spread awareness? Check out our Resilience Calendar for webinars, events, and skill challenges to learn more about resilience.