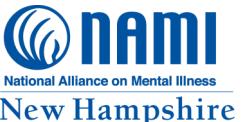




May 2021 NH Children's System of Care*

#CMHA2021 #MayAndEveryDay #StigmaFreeInThe603
#ChildrensMentalHealthMatters #NHCSOC



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Children's Mental Health Awareness Week May 2–8 Show Us Your Green on May 7th						
2 Check out the events from the Youth Mental Health Project for this week.	3 Watch Gov Sununu and Senator Shaheen's videos proclaiming CMHA month in NH	4 2:00pm Flip the Script on Mental Health Live Chat	5 Post an infographic about mental health to your social media channels to help spread awareness	6 1:00pm Adolescent Mental Health in the Time of COVID-19	7 Children's Mental Health Awareness Day! Show us your green! 10:00am Children's Mental Health Summit	1 <u>Educate yourself about the signs of mental illness.</u> 10:30 Reach for HOPE Garden Pinkerton Academy
9 Share the National Suicide Prevention Lifeline 1-800-273-TALK or Crisis Text Line	10 Download a mindfulness or meditation app and take a mindful minute.	11 3:00 FREDLA presents Supporting Children's Emotional & Academic Readiness in Returning	12 6:00pm Webinar—The Upstanders 4:00pm Webinar—Tre Maison Dasan	13 <u>Need support? Explore mental healthcare services in NH.</u> 6:00 Webinar—Orchestrating Change	14 12:00 Caring for Kids with Anxiety Use a tracker to start a new healthy habit.	8 <u>Find some CMHAW activities for the family.</u> Check out Kid Governor Charlie's platform
16 Eat a meal with family or friends (even if it's virtually). Social connection is key to mental health.	17 Spend the day focused on building one of the 40 Developmental Assets in yourself or a young person.	18 Learn more about the ChooSELove For Home curriculum. 	19 Make something. Starting and finishing a creative project gives us a sense of purpose and completion.	20 4:00pm Magnify Voices Expressive Arts Contest Celebration	21 Sign up for NAMIWalks Your Way NH. 	15 9:00am R1T1L1 Wiffleball Tournament 4:00pm Art therapy and mental illness
23 Complete a random act of kindness. 	24 Cook a brain-healthy meal with your household. Think about trying a new recipe together.	25 Take a screen-free day with your friends or family to relax your eyes and your mind.	26 Write a thank you note to someone who has helped you during a tough time.	27 6:00pm Tuning Into Our Youth 7:00pm This is My Brave	28 Share what "You Are Not Alone" means to you, or sit with a teen or young adult and explore OK2Talk.org. 	22 Take a hike on a NH trail. Physical activity can affect your mental state in a positive way. 
30 Learn more about NH Children's System of Care (NHCSOC) by reading the latest report.	31 Pledge to be Stigma Free #stigmafreeinthe603 around mental illness!	 				 

*Click here for the most up to date calendar