

# Empowering Better Mental Health

MENTAL HEALTH AWARENESS MONTH 2023

	<p><b>1</b></p> <p>Welcome to Mental Health Awareness Month! Visit our social media to watch a short video from our CEO Marjorie Morrison and Co-Founder Patrick J. Kennedy.</p>	<p><b>2</b></p> <p>Head over to our social media to learn about the prevalence of mental health conditions in the U.S.</p>	<p><b>3</b></p> <p>It's Maternal Mental Health Day. Visit our social media to help raise awareness.</p>	<p><b>4</b></p> <p><i>Gratitude exercise:</i> Write down 3 things that you are grateful for.</p>	<p><b>5</b></p> <p>Check out our YouTube channel to learn how to talk about Mental Health:  <i>(Click me!)</i></p>	<p><b>6</b></p> <p>Send a text message to someone you love.</p>
<p><b>7</b></p> <p>Listen to your favorite music today.</p>	<p><b>8</b></p> <p>Visit our social media to learn how many people experience concerns regarding mental health.</p>	<p><b>9</b></p> <p>Head over to our YouTube channel to learn about depression.  <i>(Click me!)</i></p>	<p><b>10</b></p> <p>Start and end the day with stretching.</p>	<p><b>11</b></p> <p>Check out our YouTube channel to learn what CBT is.</p>	<p><b>12</b></p> <p>Visit our social media to learn how to support yourself and others.</p>	<p><b>13</b></p> <p>Take a break from screens and social media.</p>
<p><b>14</b></p> <p>Plan a healthy meal.</p>	<p><b>15</b></p> <p>Head over to our social media to learn the impact having a conversation about mental health can have.</p>	<p><b>16</b></p> <p>Visit our YouTube channel to learn about anxiety.  <i>(Click me!)</i></p>	<p><b>17</b></p> <p>Check out our social media to learn the difference between a psychologist and a psychiatrist.</p>	<p><b>18</b></p> <p>It's the Mental Health Day of Action. Head over to our YouTube channel to watch a meditation video.</p>	<p><b>19</b></p> <p>Give someone a compliment today.</p>	<p><b>20</b></p> <p>Visit our YouTube channel to watch a Mental Health Myth-Busting video.</p>
<p><b>21</b></p> <p>Check in on your mental health today: How are you feeling?</p>	<p><b>22</b></p> <p>Head over to our social media to learn the how many people face challenges when it comes to mental health access.</p>	<p><b>23</b></p> <p>Read a book, magazine, or article today.</p>	<p><b>24</b></p> <p>It's World Schizophrenia Day. Check out our YouTube channel to learn about it.  <i>(Click me!)</i></p>	<p><b>25</b></p> <p>Set aside time to meditate.</p>	<p><b>26</b></p> <p>Visit our social media to learn what ACT is.</p>	<p><b>27</b></p> <p>Talk and walk with a friend.</p>
<p><b>28</b></p> <p>Participate in a hobby that brings you joy.</p>	<p><b>29</b></p> <p>Check out our social media to see how many people believe we are in a mental health crisis.</p>	<p><b>30</b></p> <p>Head to our YouTube channel to learn about ADHD.  <i>(Click me!)</i></p>	<p><b>31</b></p> <p>Visit our social media to learn what a counselor is.</p>			



CLICK THE ICONS TO HEAD OVER TO OUR SOCIAL MEDIA CHANNELS.