

May is Mental Health Awareness Month

This special month of recognition raises awareness about mental illness, its prevalence in today's society, and its impacts on people of all ages and backgrounds.

Please join us in supporting Mental Health Month 2024!

Your mental health is **everything.**
Prioritize it.

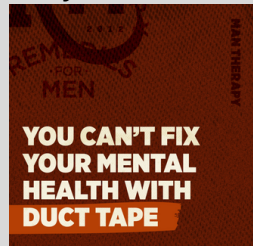


Compiled by the Mental Health Awareness Workgroup of the Human Services Collaborative Body

Local mental health awareness events include:

May 1

Help us reach the hardest to reach population - **working age men**. Share the resources and support at ManTherapy.org with someone you love.



May 2

Sign up for a training to learn skills to handle a mental health crisis. Classes include:

Mental Health First Aid on May 30 from 9 am to 5 pm
To register, email: mhfallivingston@cmhliv.org

QPR
Friday, May 24
Trinity in Howell
11 am - 12:30 pm
Register [HERE](#)

Sat, May 4

No Mind Left Behind 5k

10 am

Zukey Lake Tavern, Hamburg

Small steps can lead to big progress in mental health.



Tues, May 7

CMH Town Hall

Doors open at 530 pm

LESA
1425 W Grand River
Howell

Share your ideas & experiences

Thurs, May 9

High in Plain Sight: Youth Drug Trends and Concealment Training

830 am

Mt. Brighton
4141 Bauer Rd,
Brighton

Fri, May 17

Youth Art Voice

6 pm

Howell Opera House
123 W Grand River Ave
Howell

Thurs, May 23

Mental Health Rally - Be Kind to Your Mind

4 pm - 5 pm

Howell Carnegie District Library
314 W Grand River
Howell

Wed, May 29

FREE Adult Craft - Stress Beaters
3-5 pm

CMH 2280 E. Grand River, Howell

To register, email: amhayden@cmhliv.org

FREE Movie Night
Showing- Inside Out
6 pm
Howell Theater
315 E Grand River,

All May

BE INSPIRED

CMH Podcast with Special Guests

Sheriff Murphy's Mental Health Minute

Utilize your local library for many books and the Library of Things resources

T-Shirt Fundraiser



Fundraiser for NAMI Livingston

Order yours before May 10 & wear it on May 23 and 29

#EndTheStigma

