



Be an Advocate for Mental Health in May

More individuals are talking openly and honestly about mental health and are advocating for improving our nation's mental health care system. Together, we can break through stigma and stereotypes that have been a part of mental health support and treatment for far too long. Join Uprise Health as we celebrate the National Alliance on Mental Illness (NAMI)'s Mental Health Awareness Month! Use this calendar every day to help spread the word through awareness, support, and advocacy.

1 Share your personal story of overcoming mental health challenges.	2 Start a gratitude journal. 	3 Tell the world how you advocate for mental health.	4 Share a stress reduction tip with coworkers.	5 Take a self-guided mental health course. 	6 <i>Sign & share NAMI's petition to improve mental healthcare.</i>	7 Take a walk with friends to improve your mood.
8 Host a virtual watch party with mental health-focused movie.	9 Thank your favorite mental health nurse during National Nurses Week.	10 Share a #MentalHealth Awareness fact on social.	11 Start a virtual bulletin board with encouraging messages.	12 Explore your EAP benefit offerings in Be an Advocate for Mental Health in May.	13 Share a #MentalHealth Awareness fact on social media.	14 Read a book or memoir about mental health. 
15 Join an online group for mental health support.	16 Start a mood tracker to see how your mood changes in a day.	17 Make a list of self-care practices for challenging days.	18 Working remotely? Schedule a virtual chat with a coworker.	19 Share your favorite mental health support tools with friends & family.	20 Enjoy a nature hike. 	21 Practice a new breathing technique.
22 Check in with a friend. 	23 Check out uprisehealth.com/resources/ for info on mental health support.	24 Ditch the devices & have a phone-free day.	25 Learn the signs & symptoms of anxiety.	26 Take a moment for mindfulness.	27 <i>Sign NAMI's StigmaFree Me pledge.</i>	28 Check your language. Replace stigma-loaded words with more respectful phrases.
29 Share a blog about mental health with friends.	30 Donate to a local hospital or mental health facility.	31 Commit to 30 minutes of exercise per day to support your mental health.	Mental Health Awareness Hashtags #Together4MH #MHAM 			

1 in 20 U.S. adults experience a series mental illness each year, but **less than 2/3** receive treatment. The average delay between onset of mental illness symptoms and treatment is **11 years**.
55% of U.S. counties do not have a single practicing psychiatrist
60% of Americans are concerned about the stigma around mental illness.