



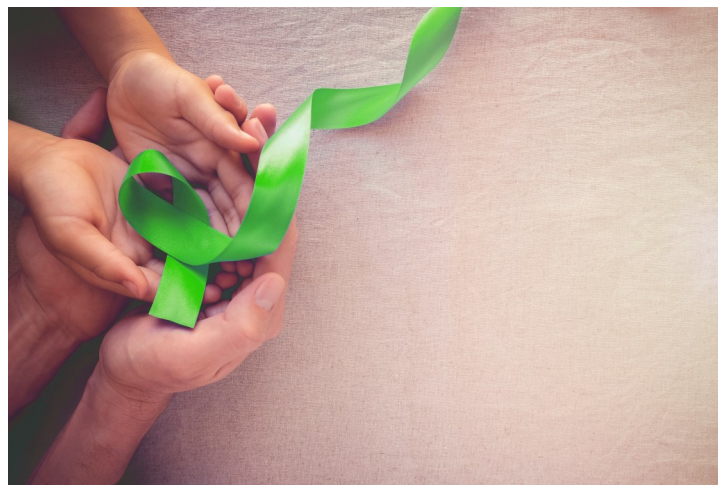
Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week:



Mental Health Awareness

Since 1949, May has been observed as Mental Health Month in the United States. Initially started by Mental Health America, now many organizations and government agencies utilize May to bring awareness and information about mental health and services to the public. You too can play a vital role in bringing awareness about mental health.



Some ways to support Mental Health Awareness:

- Wear Green during the month of May
- Visit the Mental Health America website for a free Mental Health Month tool kit (<http://www.mentalhealthamerica.net/may>)
- Maintain constructive conversation about mental health and the roles we can each play to help others understand and realize there is hope for anyone who has been affected by mental health conditions.