



Healthy Choices Count!

MAY FEATURE

Make Mental Health Matter

STRATEGY 6

Participate in local, state and national initiatives that support healthy eating and active living

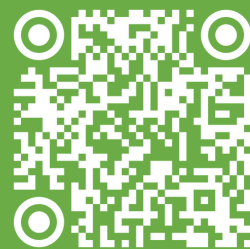
DID YOU KNOW?

May is Mental Health Awareness Month and a good time to focus on your mental health and the mental health of your friends and family! Many people are afraid to talk about mental health, so being a supportive of your friends or family members is important. Ask them how they are doing, and make sure they know it is OK to not be OK.



RAISE AWARENESS ABOUT MENTAL HEALTH

Stigma is the number one reason why people who are struggling don't get the help they need, and the best way to reduce stigma is to share our own stories about mental illness and talk openly about mental health! Download the Make It OK Mental Health Awareness Month Toolkit to help spread the word in your school and community, and become a champion for mental health!



GET INVOLVED WITH MAKE IT OK

Chalk the Town Green | May 1: With an adult chalk uplifting messages in your communities. Things like "You matter", "You've got this", "Make It OK", "You aren't alone". Share pictures on social media with **#MakeItOKIowa** and **#HeyIowa**

Wear Green Day | May 15: Wear your favorite green clothes to raise awareness!

