

May is Mental Health Awareness Month



May 5th – Mental Health & Wellness 101

The goal of this **webinar** is to reduce stigmatizing attitudes and beliefs by promoting a comprehensive understanding of mental health, the importance of self-care and treatment-seeking behaviors, and hope for recovery. Starts at 12pm.

May 12th – Creating A Wellness Mindset

A sense of well-being is the integration of body, mind, and spirit; and the appreciation that everything we do, think, feel, and believe has an impact on our health. This **webinar** provides a framework for how to create a 'wellness mindset' that will support the practice of continuous self-care. Starts at 12pm.

May 19th - Let's Talk: A Conversation with School Mental Health Staff

Families and caregivers are encouraged to join this **panel** discussion with school support personnel - learn about their roles and how they can best support you and your student. Starts at 7pm.

May 24th – Creating Culturally Responsive Mental Health Education for Immigrant Youth & Families

With the US becoming increasingly diverse, with 1/4 of youth being immigrants or children of immigrants, standard Eurocentric messaging in mental health education just isn't relatable to many immigrant kids and their families. This **training** will provide an overview of the unique mental health experiences of immigrant youth & families (including immigration/acclimation stress, perpetual foreigner stereotype, race-based traumatic stress, cultural stigma surrounding mental health, etc.); and guide participants in framing mental health messaging from a culturally responsive lens. Strategies discussed will include framing from cultural language and values, leveraging cultural beliefs/practices supportive of mental health, facilitating intercultural/intergenerational communication, and partnerships for community-led role modeling & leadership. The speaker will share lessons learned from community-led mental health education in Asian American & Pacific Islander (AAPI) communities. Starts at 5pm.

May 26th – Cultivating Resiliency

The goal of this **webinar** is to explore self-care and wellness from a strengths-based perspective, including understanding stressors, building resiliency and self-compassion, and managing change. Starts at 12pm.

Everyone is a link to care in the community.

For more information or to register visit [MHANYS.org](https://www.MHANYS.org)



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