




31 Days of Wellness in honor of Mental Health Awareness Month- May 2024

 <p>Join our Mission for Children's Behavioral Health Connectingtocarect.org/join-our-mission</p>			<p>Use hashtag #31daysofwellness2024 when posting your activities on our Facebook and Instagram pages https://www.facebook.com/CT.CONNECT.champions/ @connectingtocare_ct</p>			
<p><i>"Think Positively, Breathe Deeply, Live Simply, Hug Tightly, Give Generously, Laugh Loudly, Smile Brightly, Love Unconditionally, Speak Kindly, Love Endlessly"</i></p>			<p>5/1 Day 1: Wear Green to Honor Mental Health Awareness Month.</p>	<p>5/2 Day 2: Be Creative! Draw, paint or write a poem.</p>	<p>5/3 Day 3: Do 5 minutes of Yoga or Stretching</p>	<p>5/4 Day 4: Self Care is the best care. Do something that makes you healthy.</p>
<p>5/5 Day 5: Cinco De Mayo. Support a Local Mexican Restaurant.</p>	<p>5/6 Day 6: Check out Plan 4 Children Website</p>	<p>5/7 Day 7: Create an Uplifting Music Playlist.</p>	<p>5/8 Day 8: Try a new hobby!</p>	<p>5/9 Day 9: Learn how to talk about mental health.</p>	<p>5/10 Day 10: Treat yourself to do something you enjoy.</p>	<p>5/11 Day 11: Do a good deed or volunteer.</p>
<p>5/12 Day 12: Check out local events in your area.</p>	<p>5/13 Day 13: Write appreciation notes to yourself and others.</p>	<p>5/14 Day 14: Check out Connecting to Care CT Covid Care Videos</p>	<p>5/15 Day 15: De-Clutter and reorganize a space to start your day fresh!</p>	<p>5/16 Day 16: Choose a motivational and inspirational quote and post it.</p>	<p>5/17 Day 17: Hydrate! Drink 8 cups of water a day.</p>	<p>5/18 Day 18: Take tons of pictures today. Post one on our Facebook/Instagram pages.</p>
<p>5/19 Day 19: Read or listen to a new podcast.</p>	<p>5/20 Day 20: Do some beathing exercises and meditate.</p>	<p>5/21 Day 21: Create a beneficial bedtime routine.</p>	<p>5/22 Day 22: Enjoy watching the sunset at the end of the day!</p>	<p>5/23 Day 23: Write or text to someone you care about.</p>	<p>5/24 Day 24: Discover an interesting Ted Talk video.</p>	<p>5/25 Day 25: Learn to bake or cook a new recipe.</p>
<p>5/26 Day 26: Share the Health! Do a healthy activity or exercise with a friend.</p>	<p>5/27 Day 27: Spend time with Family and Friends (honor Memorial Day)</p>	<p>5/28 Day 28: Plant a flower or vegetable outside.</p>	<p>5/29 Day 29: Walk outside!</p>	<p>5/30 Day 30: Do an activity with loved ones without checking phones or devices.</p>	<p>5/31 Day 31: Create a vision board or cut out words that motivate you from a magazine.</p>	



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Plan4Children

<https://www.plan4children.org/>

211/Infoline

<https://www.211ct.org>



Scan QR Code or visit

<https://www.connectingtocarect.org/>

National Suicide and Crisis Lifeline, dial 988 / Crisis Text Line text 741741

Mobile Crisis provides crisis response and crisis stabilization services to children/youth under 18.

Dial 2-1-1, press 1 and then 1 again

<https://www.mobilecrisisempst.org/>

Suicide Prevention Resources: www.preventsuicidect.org

STEP Program: Specialized Treatment Early in Psychosis (STEP)

[STEP Learning Collaborative < Specialized Treatment Early in Psychosis \(STEP\) \(yale.edu\)](http://STEP.Learning.Collaborative.org)

Achieve Solutions: Information on more than 200 topics, including depression, substance use, and psychotic disorders. www.achievesolutions.net

Help Yourself Help Others: Mental health screening site in your area.

www.helpyourselfhelpothers.org

CT Hearing Voices Network (CTHVN): Provides peer support for individuals who have experienced voices, visions and alternative realities. www.cthvn.org

To Save a Life...

- Realize someone might be suicidal.
- Reach out. Asking the suicide question DOES NOT increase risk.
 - Listen. Talking things out can save a life.
 - Don't try to do everything yourself. Get others involved.
 - Don't promise secrecy and don't worry about being disloyal.
- If persuasion fails, call your mental health center, local hotline, or emergency services.



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