

CALENDAR OF EVENTS

1 Celebrate Mental Health Awareness Month— Find tips to help you or a loved one celebrate Mental Health Awareness Month at:
<https://www.newmethodwellness.com/5-ways-to-celebrate-mental-health-awareness-month/>

5 National Children's Mental Health Awareness Day— National Children's Mental Health Awareness Day shines a national spotlight on the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development.
<https://www.samhsa.gov/childrens-awareness-day>

6 Learn to Live Mentally Healthy— Take steps to live mentally healthier life. Visit: [Live B4Stage4 | Mental Health America \(mhanational.org\)](https://www.mhanational.org/screening-tools/) Click "See All" for more information.

7 Live 4 Tomorrow "Burn Out The Stigma" Car Show
 This is not your ordinary car show as there will be much more than just cars to be seen! Our event will include bands, speakers of hope, booths filled with resource and educational information, a 50/50 basket raffle, food, and more! Saturday, May 7, 2022. **Dawson Grange Community Fairgrounds, 110 Chaintown Rd. Dawson, PA** 10:00 a.m. start.

9 Pledge to Be Stigma Free— Stigma harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence and prevents them from seeking help. Take the StigmaFree quiz to see if you might be affected.
<https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>

11 Explore and Heal With Others— This site features stories, tips, and insights from readers of all ages and areas of the globe. You'll find posts about happiness, love, relationships, change, meaning, mindfulness, spirituality, simplicity, minimalism, letting go, and more.
<https://tinybuddha.com/>

13 Fayette County Family Council ZOOM Meeting— Families sharing concerns and experiences with child services in Fayette County to build a better community with positive outcomes. Meets Every 2nd & 4th Friday at 12:30 p.m. Join Zoom Meeting
<https://adelphoi.zoom.us/j/3590581050?pwd=SDBPV1RvYkxSYilmZ2xuNC9FSW9wQT09>
 Meeting ID: 359 058 1050
 Passcode: 594959
 For more information call Adrienne Russell at Adelphoi Village 724-557-5204.

16 Learn About the Mental Health Benefits of Exercise— Exercise isn't just good for your body, it's great for mental health. Find information and tips for getting started at: <https://www.helpguide.org/home-pages/exercise-fitness.htm>

19 Fayette County Commissioners Monthly Meeting— In person and virtually via ZOOM on the third Thursday of each month at 10:00 a.m. from the **Fayette County Courthouse, 61 E Main St., Uniontown, PA**. To join Zoom go to: <https://www.fayettecountypa.org/562/County-Commissioners> then click on the Regular Voting Meeting tab.

19 Fayette County Suicide Prevention Taskforce Zoom Meeting— Join us from 6:00 p.m.—7:30 p.m. for ideas on how to get information out to those who need to know there is help and hope. Check our FaceBook page to find Zoom information under Fayette County Suicide Prevention Taskforce or contact: **Gina Donkers by phone: (724) 430-1370 or email: GinaDonkers@fcbha.org**

20 Fayette County Suicide Prevention Taskforce In-Person Meeting— All are welcome to join us for our Suicide Prevention Meeting in-person (at the **IHOP, Uniontown**) or virtually via ZOOM from 8:30 a.m.—10:30 a.m. Come share ideas, stories, and breakfast. Check our FaceBook page to find Zoom information under Fayette County Suicide Prevention Taskforce or contact: **Gina Donkers by phone: (724) 430-1370 or email: GinaDonkers@fcbha.org**

24 Washington Wild Things Mental Health Awareness Night— Tuesday, May 24, 2022 at **Wild Things Park, 1 Federal Way, Washington, PA**. 7:05 p.m. start time.

26 Explore Exercise Classes— Check with your local YMCA or you can explore online for many types of classes you can do in the comfort of your own home.

27 Fayette County Family Council ZOOM Meeting— Families sharing concerns and experiences with child services in Fayette County to build a better community with positive outcomes. Meets Every 2nd & 4th Friday at 12:30 p.m. Join Zoom Meeting
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 Meeting ID: 359 058 1050
 Passcode: 594959
 For more information call Adrienne Russell at Adelphoi Village 724-557-5204.

28 Take Time to Pamper Yourself— Maybe make an appointment to have your hair done. Maybe do a little shopping and treat yourself to lunch. Do something just for you to lift your spirits.

"Find the time to read, to smell the flowers, to paint your dreams, to have coffee with a friend, to learn a new craft, to write a letter, to bake a surprise cake, to go somewhere special, to really be with the person you love, or even do nothing for a while..." Unknown

Scan the QR Code
 to go to the
 Mental Health Calendar
 online at fcbha.org



FAYETTE COUNTY MENTAL HEALTH AWARENESS MONTH

Time For

Healing



MAY 2022

Fayette County invites you to participate in a variety of special events during the month of May in recognition of

MENTAL HEALTH AWARENESS MONTH



For more information about services and supports available to Fayette County residents please contact:

 Fayette County
Behavioral Health Administration
(724) 430-1370
www.FCBHA.ORG

To enrich lives by providing choice and access to resources that encourage hope, independence and recovery.

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ★ Celebrate Mental Health Awareness Month	2	3	4	5 National Children's Mental Health Awareness Day https://www.samhsa.gov/childrens-awareness-day	6 Learn To Live Mentally Healthy Live B4Stage41.org Mental Health America (mhanational.org)	7 Live 4 Tomorrow Burn Out the Stigma Car Show Dawson Grange Community Fairgrounds
8 	9 Take a Pledge to Be Stigma Free https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree	10	11 Explore and Heal with Others https://tinybuddha.com/	12	13 Fayette County Family Council ZOOM Meeting	14
15	16 Learn the Mental Health Benefits of Exercise https://www.helpguide.org/home-pages/exercise-fitness.htm	17	18 Crosskeys Projects & Hobby Display	19 Fayette County Suicide Prevention Taskforce Zoom Meeting Fayette County Commissioners Monthly Meeting https://www.fayettecountypa.org/562/County-Commissioners	20 Fayette County Suicide Prevention Taskforce In Person/ZOOM Meeting	21
22	23	24 Washington Wild Things Mental Health Awareness Night	25	26 Explore Exercise Venues As In Your Local YMCA or Online Classes	27 Fayette County Family Council ZOOM Meeting	28 Take Time To Pamper Yourself
29	30 	31				

★ May has been designated Mental Health Awareness Month in the U.S. since 1949. If you or a loved one has ever struggled to keep their mental health in balance, we invite you to learn more about how to celebrate or show your support during this time. Observing Mental Health Awareness month helps to reduce stigma surrounding psychological illnesses. It also helps to bring the community together, provide education and promote policies that help people with mental disorders. <https://www.newmethodwellness.com/5-ways-to-celebrate-mental-health-awareness-month/>