

May is Mental Health Month and Crawford County Health & Human Services is raising awareness of the important role mental health plays in our lives. We are encouraging members of the community to take action toward protecting their mental health and overall well-being and help break-down the stigma around mental health.

It's important to remember that working on your mental health takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of modern life and develop long-term strategies to support yourself — and others — on an ongoing basis. Some examples of small changes to try this month are:

- Connecting with others
- Practicing gratitude
- Taking time to relax
- Limiting screen time
- Do things that make you smile and laugh

Stigma, negative beliefs and attitudes, around mental health keeps people suffering in silence. It is one of the biggest barriers keeping people from talking about mental health and seeking help. We would like our community to turn stigma into support. You can do this by learning more about mental health, talking about it and sharing your knowledge and resources with others.

During the month of May there are several activities happening in our community. We encourage you to join the efforts by participating in one of the activities listed below or find others to join.

- Several local food and beverage businesses are partnering with Crawford County Health & Human Services to bring awareness to mental health with YOU MATTER – 988 stickers. If you are carrying out any food or beverages at participating businesses this month and notice one of these stickers on your order, please thank the business for supporting May is Mental Health Month!
- Listen to WQPC/WPRE radio for ads that promote mental health awareness and reduce the stigma around talking about mental illness with “You Matter” messages. Let us know what you think and talk about it with friends!
- On May 16<sup>th</sup>, The Driftless Region Mental Health Coalition is challenging EVERYONE to BE SEEN IN GREEN. Please wear green on May 16<sup>th</sup> and share a picture to the Crossing Rivers Health Be Seen in Green Facebook event or to your own business or personal Facebook! Show your support for May is Mental Health Month and wear green on May 16<sup>th</sup>!

- Share your pictures, stories and resources related to mental health on social media. When we share our stories, others don't feel so alone.

For more information and local resources for mental health visit [crawfordcounty.crediblemind.com](http://crawfordcounty.crediblemind.com). If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the 988 Lifeline network is available 24/7; call, text or chat.