



Humboldt  
Connections



## Go Green for the Month of May For Mental Health Awareness Month

"Be Kind to Your Mind" Ideas Include:

- \* Display green at place of business, home, park
- \* Wear green on Fridays
- \* Promote self-care activities
- \* Attend a local training, awareness event
- \* Host an awareness walk
- \* Change lights and reader boards to green
- \* Hand out awareness items
- \* Learn about available mental health resources
- \* Be creative and share "we care" pictures on Facebook
- \* Share your Green pictures with us via email



City & County proclamation for Mental Health Awareness Month  
Place signs & banners at place of business, home, and parks

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