



# MAY IS MENTAL HEALTH AWARENESS MONTH



## MAY 2, 2025

- Kick Off Ice Bucket Challenge
- Banners Displayed throughout campus
- Morning announcements and social media: Mental Health Tip of the Day

## MAY 5<sup>TH</sup> MONDAY

- Wear Green, Wear Jeans!
- Students and staff are encouraged to wear green every Monday in support of Mental Health Awareness Month.
- Morning announcements and social media: Mental Health Tip of the Day

## MAY 9<sup>TH</sup> FRIDAY

- 2ND Ice Bucket Challenge
- Morning announcements and social media: Mental Health Tip of the Day

## MAY 12<sup>TH</sup> MONDAY

- Wear Green, Wear Jeans!
- Students and staff are encouraged to wear green every Monday in support of Mental Health Awareness Month.

### During all lunches:

- **Open Mic** – students are encouraged to share poems, quotes, etc. in support of mental health awareness month.
- **Pin it Forward** – students will decorate clothes pins with positive affirmations and clip it on a friend to lift their spirits.
- **Pop your worries** – bubbles will be available for students to “blow their worries away” or for a relaxation technique!
- **DJ will play upbeat music**

## MAY 16<sup>TH</sup> FRIDAY

- 3RD Ice Bucket Challenge
- Morning announcements and social media: Mental Health Tip of the Day

## MAY 19<sup>TH</sup> MONDAY

- Wear Green, Wear Jeans!
- Students and staff are encouraged to wear green every Monday in support of Mental Health Awareness Month.
- Morning announcements and social media: Mental Health Tip of the Day
- Student Advisory Committee 6 weeks' celebration (FCR)
- Students will sign banner – “STOP THE STIGMA!”  
MENTAL HEALTH AWARENESS MONTH

## MAY 21<sup>ST</sup> WEDNESDAY

- SEL Lesson – “Mental Health Matters”
- Morning announcements and social media: Mental Health Tip of the Day

