

# May




## May is Mental Health Awareness Month.

Take time to understand mental health, recognize signs and symptoms and get someone professional help. Let's reduce stigma and build resilience. Learn how you can raise awareness about the topic of mental health!

### Wellness, Health Promotion and Prevention

2021

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |  |
|--|--|---|--|--|---|--|--|
|  |  |   |  |  |   | 1<br>Build resilience: Learn about the <a href="#">Trauma-Informed Community Network</a> .                                     |  |
| <b>Resilience Week Virginia, May 2 - 8</b>   |  |   |  |  |   |  |  |
| 2<br>Build resilience: Connect with family, friends, neighbors and coworkers.                          | 3<br>Join the Fairfax Trauma-Informed Community Network Book Club in reading <a href="#">Together</a> , by Vivek H. Murphy | 4<br>Build resilience: <a href="#">Embrace diversity, equity and inclusion</a> .  | 5<br>Resilience Lunch and Learn: Sign up to understand how to use the myStrength app, today at noon.       | 6<br><a href="#">Register for a REVIVE! class, today at 10 a.m.</a>  | 7<br><a href="#">National Children's Mental Health Awareness Day</a>  | 8<br>Build resilience: Grow, support, and recover from grief and loss experienced due to COVID-19.                             |  |
| <b>National Prevention Week, May 9-15</b>  |  |   |  |  |   |  |  |
| 9<br><a href="#">Learn about the Reality Check program offered by Inova.</a>                           | 10<br><a href="#">Drop off your unused or expired medications at the police station's drop box 24/7.</a>                   | 11<br>Are you prepared to talk with your children about underage drinking? <a href="#">Schedule a "Talk They Hear You" presentation.</a>  | 12<br><a href="#">Take the #PreventionHappensHere challenge.</a>   | 13<br><a href="#">Connect with the This is Quitting program. Text VapeFreeFFX to 88-709.</a>                             | 14<br><a href="#">Register for a REVIVE! class, today at 9 a.m.</a>   | 15<br>Question. Persuade. Refer. Help prevent suicide. <a href="#">Gain more information.</a>                                  |  |
| <b>National Anxiety and Depression Awareness Week, May 18-23</b>                                       |  |   |  |  |   |  |  |
| 16<br><a href="#">Support someone who experiences anxiety and depression.</a>                          | 17<br><a href="#">Register for a REVIVE! class, today at 1 p.m.</a>  | 18<br>Be prepared, save the National Suicide Prevention Lifeline into your phone, 1-800-273-TALK.   | 19<br><a href="#">Understand the warning signs. Take a Mental Health First Aid class to find out more.</a> | 20<br>Having conversations about mental health can be difficult, take an <a href="#">online training</a> .               | 21<br><a href="#">Register for a REVIVE! class, tomorrow at 10 a.m.</a>   | 22<br>QPR, Help prevent suicide. <a href="#">Sign up for a class today at 1 p.m.</a>   |  |
| 23<br>Take a quick, confidential <a href="#">mental health screening</a> to assess your mental health. | 24<br><a href="#">Need help quitting vaping? Text VapeFreeFFX to 88-709.</a>   | 25<br><a href="#">Register for a REVIVE! class, today at 3 p.m.</a>   | 26<br>QPR, Help prevent suicide. <a href="#">Sign up for a class today at 1 p.m.</a>                       | 27<br>Be part of building a resilient community, learn more about <a href="#">Adverse Childhood Experiences (ACES)</a> . | 28<br><a href="#">Download the myStrength app, sign up, and use access code 'CSBCommunity'</a> and begin a guided meditation. | 29<br><a href="#">Screening</a> is an easy way to know if you or a loved one should connect with a mental health professional. |  |
| 30<br>Secure medications, pick up a medication lock box at a <a href="#">location near you</a>         | 31<br>Visit the <a href="#">Wellness, Health Promotion and Prevention page</a> to sign up for a training.                  | If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals. |  |  |   |   |  |



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

[www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)

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