

#breakthestigma



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Take 988 signs to schools, post MH Month signs in Tehama County	2	3	4 MH Month Celebration at Red Bluff High School	5 Salisbury High School Health Fair	6 Cinco De Mayo Celebration at Red Bluff River Park
7	8 Adult Mental Health First Aid (MHFA) with ASL	9 Present the May Proclamation to the BOS	10 Youth MHFA Sports Night Outreach in Gerber	11 Drum -Salisbury High School and Maywood Elementary	12 CIT Crisis Intervention Training	13
14	15	16 Suicide Prevention talk at Corning Sr. Ctr	17 BHC Graduation At Dept of Ed	18 Suicide Prevention talk at Red Bluff High	19 Olivewood Elementary Drumming	20
21	22 Applied Suicide Intervention Skills Training at DRC	23 ASIST at DRC	24	25	26 Wellbeing Event at Corning VA Hall	27
28	29	30	31	1	2	3

notes



MENTAL HEALTH AWARENESS MONTH

LIST OF EVENTS FOR MAY 2023

- May 1st– post 988 signs
- May 4th– MH Celebration and resource fair at Red Bluff High
- May 5th– Health Fair at Salisbury High
- May 6th– Cinco De Mayo Celebration at the Red Bluff River Park
- May 8th– Virtual Adult Mental Health First Aid course with
ASL, American Sign Language translation
- May 9th– NAMI student presents the May is Mental Health Month
Proclamation to the Tehama County Board of Supervisors
- May 10th– Virtual Youth Mental Health First Aid and
Sports Night Outreach Event for kids in Gerber
- May 11th– Drum with Salisbury High
and then Maywood Elementary
- May 12th– CIT, Crisis Intervention Training at the Admin Building
- May 16th– Suicide prevention talk for the seniors at Corning
Senior Center
- May 17th– BHC, Behavioral Health Court, graduation celebration
at The Dept. of Ed
- May 18th– Suicide prevention talk at Red Bluff High School
- May 19th– Drum with Olivewood Elementary
- May 22nd-23rd– ASIST, Applied Suicide Intervention Skills Training
At the DRC, Day Reporting Center
- May 26th– Wellbeing Event, Movie Night and fun resource fair
with Games at the Corning Veterans Hall

DRESS UP FOR SPIRIT WEEK—

IN PARTNERSHIP WITH RBHS NAMI CLUB

Monday May 8th– wear black to turn the lights out on stigma

*Tuesday May 9th– wear sports gear/teams to show that exercise is important for
Mental Health*

Wednesday May 10th–wear tie dye– don't let your mind tie you down

Thursday May 11th– wear green to show your support of MH awareness

Friday May 12th– wear western clothes to give stigma the boot