



May is Mental Health Awareness Month



Kindly show your support for this cause by wearing green on Mondays. Click the links to view our Monday activities.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>Awareness Month Kick-off! Wear your green TODAY & EVERY MONDAY in support!</p>	<p>2</p>	<p>3</p> 
<p>6</p> <p>Mindful Movement</p> 	<p>7</p>	<p>8</p> 	<p>9</p>	<p>10</p> <p>1 in 5 American adults experienced a mental health condition in a given year.</p>
<p>13</p> <p>Sidewalk Chalk</p> 	<p>14</p>	<p>15</p> <p>1 in 6 young people have experienced a major depressive episode.</p>	<p>16</p> 	<p>17</p>
<p>20</p> <p>Stone Painting</p> 	<p>21</p> 	<p>22</p>	<p>23</p>	<p>24</p> <p>NO SCHOOL</p>
<p>27</p> <p>NO SCHOOL</p>	<p>28</p>	<p>29</p> 	<p>30</p> <p>1 in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.</p>	<p>31</p>

We will be bringing awareness to mental health all month long. Follow [@whscounselingdepartment](https://www.instagram.com/whscounselingdepartment) on Instagram to see our students engaging in #mentalhealthmatters activities!