

MENTAL WELLNESS

May Mental Wellness Tips of the Month

**MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0**

Click [HERE](#) to choose the mental health screening that is right for you and then receive information, resources and tools to help you understand and improve your mental health.
#MillionInMay

Join us in raising awareness for mental health!



Wear **GREEN** every Thursday in May!



Visit the ISD Facebook page every week to see the Mental Health Team highlight different breathing techniques!



Chalk it up all around your community! Spread positive messages and hotline numbers for all to see!



Fill out this [form](#) and show us how you are managing your mental health during the stay at home order. Share with us via Twitter too!

National Hotline: 1-800-273-8255; Click [HERE](#) to learn more about the MI Warm Line: 888-733-7753; Monroe Community Mental Health Authority: 734-234-7340

1 IN 5
people will experience a mental illness during their lifetime.

However, **EVERYONE** faces challenges in life that can impact their mental health.

People with more daily routines have lower levels of distress when facing problems with their health or negative life events.²

School-aged kids who are taught about emotions for **20-30 MINUTES** per week see improvements in their social behavior and school performance.



Questions?

Whatever you need, the Mental Health Team is here for you.

Visit our webpage: [MCISD Mental Health Support Services](#) & Twitter for updates!

Call: 734-322-2713

@MCISDMentalHlth

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