**May is Mental Health Matters Month** and a great time for young people to *Take Action for Mental Health!* This [Activity Guide](https://www.suicideispreventable.org/wp-content/uploads/2021/08/2021-SuicidePreventionActivity-Final.pdf) provides ideas for youth-led mental health events and activities. More information can be found on the [*Take Action for Mental Health*](https://takeaction4mh.com/) website or by downloading the [Mental Health Thrival Kit.](https://www.suicideispreventable.org/wp-content/uploads/2021/07/SPW2021-MH-journal-Eversion.pdf)

**Featured Activity One: Join Mental Health Spirit Day on or before May 7th.**

Complete a Mental Health Spirit Day Activity, submit proof of participation and win a pizza party, gift cards and more! Young people ages 12-25, schools and organizations are eligible to participate. To get started visit www.DirectingChange.org/events

**Featured Activity Two: Encourage young people to Take Action for Mental Health by creating art, films, narratives and more for the Hope and Justice Monthly Art Contest (Due May 31).**

The Directing Change Program offers young people the opportunity to win prizes, express their feelings, take action, and to inspire others through film and art. The monthly **Hope & Justice category** asks young people to submit any art form (film, written works, art, music, and more) to win up to $300 in Amazon gift cards. Choose from a submissions topic 1) Hope, 2) Justice, or 3) Monthly Prompt and submit by May 31. To get started visit: [https://gallery.directingchange.org/contest/](https://urldefense.proofpoint.com/v2/url?u=https-3A__gallery.directingchange.org_contest_&d=DwMGaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=TKnkey8tDXqOqKfZSYek-BrVKu54NEbXaDXp7hMy1PQ&m=m9h4gWD5qQ3DmwpX7APwPtL_DseUued9j4HRAUPEGo8&s=Nl5YqWiYlIirYVCR9xETqY8LKpZQmi2QT9qFUXkwYPM&e=)

**May is Mental Health Matters Month** and a great time to *Take Action for Mental Health*! For your submissions this month, think about what changes you hope to see in yourself, in your family, at your school or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge. The lime green ribbon is a symbol of mental health and should be incorporated in your submission in a creative way!

**HOPE:**Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times. Think about what changes you hope to see in yourself, in your family, at your school or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge.

**JUSTICE:**This category is all about the change you want to see in your community. Since it is Mental Health Matters Month, consider creating a project about how young people experiencing a mental health challenge are “more than a mental illness.” What are the amazing qualities they have? What actions can young people take to stand up for others and promote acceptance and inclusion?

**MONTHLY PROMPT: DEAR ME**

Create a piece of art, film, or letter with a message to your future self. Take time to reflect on what you would like the future to bring in a year, two years, five years, ten years, or more! **To celebrate Mental Health Matters Month in May, be sure to include how you have taken care of your mental health or your goals for taking care of your mental health in the future.** Your message can remind you of your accomplishments or of what you’ve overcome and experienced. Use this as an opportunity to send your future-self a hopeful message that reminds you about your resiliency and strength.

Here are a few ideas to get started:

* Share with your future self how you are “more than a mental illness.” What are the amazing qualities you have and the things you are most passionate about?
* Create a piece of art or short film that shares a message of hope and encouragement to your future self. You could share some of the coping techniques that are working for you, how you overcame adversity, or how you successfully managed your mental health or mental illness.
* Create a piece of art, audio recording, letter, or short film that imagines what your future self will be like, what your dreams are, or reminds you of your strengths and resilience.
* Be creative! When creating your message to your future self, think of yourself not just as students, but as human beings: as a sister, brother, friend, an artist, an advocate, a leader, etc. How do you hope to support others in the future and what support do you hope to receive?

**For more activities and information about mental health visit: www.takeaction4MH.org**