

May 2024

31 ways to build bridges and create connections in your community



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<p>1 Volunteer for local mental health organizations or community events.</p>	<p>2 Start or join a support group for mental health in your area or school.</p>	<p>3 Organize a community wellness event focusing on mental health awareness.</p>	<p>4 Advocate for mental health education in schools and workplaces.</p>
<p>5 Initiate conversations about mental health to reduce stigma.</p>	<p>6 Support local businesses and organizations that prioritize mental health.</p>	<p>7 Practice empathy and kindness in your interactions with others.</p>	<p>8 Attend local government meetings to advocate for mental health resources.</p>	<p>9 Create safe spaces for open dialogue about mental health.</p>	<p>10 Educate yourself and others about mental health issues.</p>	<p>11 Foster a sense of belonging and including in your community.</p>
<p>12 Encourage physical activity and outdoor engagement for mental well-being.</p>	<p>13 Organize community clean-up events to improve the environment.</p>	<p>14 Offer to mentor or support someone struggling with mental health.</p>	<p>15 Advocate for policies that promote mental health awareness and access to care.</p>	<p>16 Organize community workshops or seminars on mental health topics.</p>	<p>17 Support local initiatives that promote mental health and well-being.</p>	<p>18 Reach out to neighbors and offer support or friendship.</p>
<p>19 Participate in community events that promote mental health awareness</p>	<p>20 Share your mental health journey to inspire others and reduce stigma.</p>	<p>21 Engage in acts of kindness and generosity towards others.</p>	<p>22 Connect with nature and encourage other to do the same.</p>	<p>23 Advocate for mental health resources and funding in your community.</p>	<p>24 Organize a community garden or green space to promote relaxation.</p>	<p>25 Host a mental health-themed book club or discussion group.</p>
<p>26 Create art or music events that promote mental health awareness.</p>	<p>27 Practice mindfulness and encourage others to do the same.</p>	<p>28 Support local initiatives that promote mental health services to underserved populations.</p>	<p>29 Engage in community-building activities that promote a sense of belonging.</p>	<p>30 Continuously seek ways to improve the mental health of your community.</p>	<p>31 Be a positive role model for mental health self-care practices.</p>	