

# MENTAL HEALTH AWARENESS MONTH

## 2024

## MAY

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Resources</b> <ul style="list-style-type: none"> <li>Call or text 988 if you or someone you know is struggling or in crisis. Help is available!</li> <li>Day 4: <a href="https://bit.ly/3x8LxDT">https://bit.ly/3x8LxDT</a></li> <li>Day 11: <a href="https://bit.ly/3L3Jk6x">https://bit.ly/3L3Jk6x</a></li> <li>Day 21: <a href="https://bit.ly/3vK7R6G">https://bit.ly/3vK7R6G</a></li> </ul>			<b>1</b> May is Mental Health Awareness Month! Visit <a href="https://mentalhealth.ny.gov">https://mentalhealth.ny.gov</a> today for resources and set a goal to use this calendar every day this month.	<b>2</b> Go for a 30-minute nature walk today. Spending time in nature can increase energy levels, reduce depression, and boost well-being!	<b>3</b> Reach out to someone who makes you smile. Loneliness can take a toll on your mental health and it's important to find meaningful ways to connect with others.	<b>4</b> Just breathe! Visit the "Day 4" link under "Resources" today to learn different breathing techniques to help you de-stress.
<b>5</b> Feeling stressed or overwhelmed today? Try to process your feelings by drawing, writing a letter, or making a gratitude list.	<b>6</b> Enjoy a "soak space" somewhere in your home today. For example, you could light a candle, sit in your favorite chair, and read a good book.	<b>7</b> Get a good night's sleep tonight to help your mind reset! Aim for 7-8 hours of quality sleep this evening.	<b>8</b> Make a list of your strengths today! Focus on how great you are to help increase self-confidence.	<b>9</b> Take some time to blast your favorite song or fun music to watch or fill your mind today! Bonus if you dance along!	<b>10</b> Have a "mindful meal" today! Try including leafy greens, fatty fish, or avocados in your meal to help improve your mood and overall mental health.	<b>11</b> Do something you enjoy or discover a new hobby today! Focusing on an activity that makes you happy is a great coping skill.
<b>12</b> Get active today! Dancing, running, biking, or playing a sport are great ways to get moving.	<b>13</b> Take a moment to practice gratitude today. List 5 things you're grateful for before going to sleep tonight.	<b>14</b> Have a healthy snack ready in case hunger strikes today. This will provide you with energy to stay focused throughout the day.	<b>15</b> Start a new book or podcast today. This can help relieve stress and tension by serving as a temporary distraction.	<b>16</b> Green is the official color for mental health awareness. Wear green today to advocate for and support mental health!	<b>17</b> Try some stretches today and feel the tension leaving your body. Just like exercise can reduce stress, so can stretching.	<b>18</b> Start your day with guided meditation to increase mental health benefits. Check out the "Day 18" 5-minute video under "Resources" to get started today.
<b>19</b> Compliment or send a "thank you" note to a family member, friend, or coworker today.	<b>20</b> Take a moment to check in on yourself today. Be sure to make time to unwind and practice self-care!	<b>21</b> Try progressive muscle relaxation today! Check out the "Day 21" short video under "Resources" and enjoy the feeling of stress leaving your body.	<b>22</b> Stay hydrated! Drink 64 oz. of water today to help decrease your risk of developing depression or anxiety.	<b>23</b> Choose a room in your home to declutter today. Bonus if you can donate some items! This can help you clear your mind and feel more connected to your community.	<b>24</b> Get a "checkup from the neck up" today with a mental health screening at <a href="https://bit.ly/3vK7R6G">https://bit.ly/3vK7R6G</a> .	<b>25</b> Mark your calendar! The Get Outdoors (GO) program begins June 3! Read, hike, and win prizes! For more information, contact your local library.
<b>26</b> Take time to laugh today! Laughter is truly the best medicine. Watch a funny online video, movie, or spend time with someone who makes you laugh.	<b>27</b> Volunteer your time, give someone a compliment, or perform an act of kindness today. This helps increase the release of oxytocin - the "feel good" hormone.	<b>28</b> Focus on one small task or goal to accomplish today. Be sure to celebrate with someone when you meet that goal!	<b>29</b> Go to <a href="https://www.mentalhealth.gov">https://www.mentalhealth.gov</a> today. There are many great tools online to help you improve your mental health. Use the code, "COMMUNITYSERVICES" to try for free!	<b>30</b> Take a social media break or turn off your phone today. Constant interruptions can raise your stress level.	<b>31</b> Move for your mental health throughout the day today! Physical activity has an immediate positive impact on the brain, reducing stress and anxiety.	



# 2026 Guide Mental Health Awareness

**T. Heather Herdman, Shigemi  
Kamitsuru, Camila Takao Lopes**

## **2026 Guide Mental Health Awareness:**

**ICT Systems and Sustainability** Milan Tuba, Shyam Akashe, Amit Joshi, 2025-10-29 This book proposes new technologies and discusses future solutions for ICT design infrastructures as reflected in high quality papers presented at the 10th International Conference on ICT for Sustainable Development ICT4SD 2025 held in Goa India on 17-19 July 2025 The book covers topics such as big data and data mining data fusion IoT programming toolkits and frameworks green communication systems and network use of ICT in smart cities sensor networks and embedded system network and information security wireless and optical networks security trust and privacy routing and control protocols cognitive radio and networks and natural language processing Bringing together experts from different countries the book explores a range of central issues from an international perspective

**Catalog of Publications** United States. Department of Health, Education, and Welfare, 1976

**CURRENT Medical Diagnosis and Treatment 2026** Maxine A. Papadakis, Michael W. Rabow, Kenneth R. McQuaid, Paul L. Nadler, Erika Leemann Price, 2025-09-12 The 1 annually updated general medicine guide presents the most important diagnostic and treatment recommendations as well as the most useful new clinical developments in every field of adult medicine For more than six decades CURRENT Medical Diagnosis Treatment has been delivering the authoritative information students residents and clinicians need to build their medical knowledge expertise and confidence Written by top experts in their fields this unmatched guide is formatted in a way that enables readers to find the answers they need quickly and easily CURRENT Medical Diagnosis Treatment 2026 reflects the latest developments in medicine guidelines scientific literature and more Readers will find accurate reliable evidence based coverage of more than 1 000 diseases and disorders along with a concise yet thorough synopsis of diagnosis and treatment This trusted classic covers all aspects of outpatient care and includes discussion of new developments and breakthroughs in medicine CURRENT Medical Diagnosis Treatment 2026 features A comprehensive approach to patient care focusing on the diagnostic tools relevant to daily practice Coverage of more than 1 000 diseases and disorders Drug treatment tables for quick access to indexed trade names Annual updates to topics medications tables and images in all chapters using a consistent format Year in Review highlighting the many topics with significant clinical changes over the last year Essentials of Diagnosis for most diseases disorders Diagnostic and treatment algorithms present complex information in an at a glance style Hundreds of full color photos and illustrations Five additional bonus chapters available free on AccessMedicine

**Fundamentals for Public Health Practice** Amanda Holland, Kate Phillips, Michelle Moseley, Lorraine Joomun, 2022-09-23 A comprehensive textbook providing a complete overview of the multifaceted nature of public health practice It explores all aspects of public health from communities and wider society child development and early relationships inequalities in health safeguarding the rapidly changing nature of society and the significance of culture equality and diversity The book takes a life span approach and makes direct links to the UK health and social care context and has been written for an interprofessional audience It will be

essential reading for health and social care students including nurses and midwives allied health care professionals social care workers qualified health and social care practitioners and anyone who plays a role in understanding promoting and protecting public health Key features Comprehensive wide ranging coverage Addresses the realities of public health in a globalised world Applied to the UK four nation context but also considers the global dimension of public health practice

Congressional Record United States. Congress,2011 Hybrid Healthcare Mussaad Al-Razouki,Sophie

Smith,2022-07-22 This essential book reviews how digital health ventures can be integrated with more traditional techniques to revolutionize the healthcare system Details of the current state of the digital marketplace the available tools for early detection and diagnostics that presently employ digital technologies are provided Relevant aspects of blockchain artificial intelligence including data lake development and data analytics are described The role of regulators and legislation including GDPR are also covered Hybrid Healthcare provides a thorough overview of how digital health entrepreneurs will need to employ a hybrid approach to address many healthcare challenges of the 21st century It is therefore an indispensable resource for all those seeking to develop their knowledge of this rapidly growing sector

Human-Computer Interaction - INTERACT 2025 Carmelo Ardito,Simone Diniz Junqueira Barbosa,Tayana Conte,André Freire,Isabela Gasparini,Philippe Palanque,Raquel Prates,2025-09-15 This four volume set LNCS 16108 16111 constitutes the proceedings of the 20th IFIP TC 13 International Conference on Human Computer Interaction INTERACT 2025 held in Belo Horizonte Brazil during September 8 12 2025 The 69 full papers 34 short papers and 79 papers of other types included in this book were carefully reviewed and selected from 330 submissions They were organized in topical sections as follows Part I Accessibility Adaptive and AI Powered Learning Systems Aesthetics in HCI Affective HCI and Emotion and Augmented Reality Part II Computer Supported Cooperative Work Context Dependent Systems Design and Evaluation in Smart and Ubiquitous Contexts Designing for Identity Safety and Cultural Values Emotionally Informed Design HCD for Mission Critical Systems HCI in Formal and Inclusive Learning Contexts HCI in Healthcare and Wellbeing and Human AI Interaction Part III Interaction with Small or Large Displays Learning Tools and Intelligent Tutoring Methodologies for HCI Multimodal Assistive Interfaces Usability Evaluation Methods Usable Privacy and Security Part IV Courses Industrial Experiences Interactive Demonstrations Panels Posters and Workshops

**The Complete Mental Health Directory, 2001** Sedgwick Press,2000-10 This is the most comprehensive resource covering the field of behavioral health with critical information for both the layman and the mental health professional For the layman this directory offers understandable descriptions of 25 Mental Health Disorders as well as detailed information on Associations Media Support Groups and Mental Health Facilities For the professional The Complete Mental Health Directory offers critical and comprehensive information on Managed Care Organizations Information Systems Government Agencies and Provider Organizations This comprehensive volume of needed information will be widely used in any reference collection

**Designing for Tomorrow: Innovation and Equity in Global**

**Interaction Design** Ganesh Bhutkar,Sheethal Tom,Debjani Roy,Jose Abdelnour-Nocera,2025-07-23 This book constitutes the refereed proceedings of the First IFIP Working Group 13 8 Interaction Design for International Development IDID 2024 held in Mumbai India during November 7 9 2024 The 14 full papers included in this book were carefully reviewed and selected from 17 submissions The aim of this working group is to pursue research and promote the discipline of Human Computer Interaction HCI in an international context It also provides a platform where both emerging and experienced researchers from academia and industry can converge to exchange their latest findings in the ever evolving realm of HCI and International Development

**NANDA International Nursing Diagnoses** T. Heather Herdman,Shigemi Kamitsuru,Camila Takao Lopes,2024-04-03 The quintessential guide to nursing diagnoses from NANDA I experts in new updated edition Fully updated and revised by editors T Heather Herdman Shigemi Kamitsuru and Camila Tak o Lopes NANDA International Nursing Diagnoses Definitions and Classification 2024 2026 13th Edition is the definitive guide to nursing diagnoses as reviewed and approved by the NANDA International NANDA I Diagnosis Development Committee DDC In this new edition of a seminal text the editors have provided a more in depth discussion on diagnosis and its linkage to assessment using Kamitsuru s Tripartite Model of Nursing Practice to differentiate between interdependent interventions based on medical and organizational standards of care and autonomous nursing interventions based on nursing standards of care Functional Health Patterns are used as an assessment framework to guide nurses in collecting relevant data to drive accuracy in nursing diagnosis Ontology classification and taxonomy are described and the axial structure of our diagnoses which has seen significant revision is explained in detail An overview on all changes and revisions in the classification is provided along with updated research priorities and future foci for the Diagnosis Development Committee and the NANDA I Association Additional Key Updates 56 new nursing diagnoses and 123 revised diagnoses Revised diagnostic indicators to decrease ambiguity and improve clarity Updated Axes with consistent assignment of axis values to each diagnosis Assignment of US National Library of Medicine Medical Subject Headings MeSH terms to provide standardized definitions and ensure consistent understanding Revised level of evidence criteria to ensure future diagnoses remain at an appropriate level of evidence to represent the current strength of nursing knowledge Web based resources include reference lists for all new and revised diagnoses Rigorously updated and revised the new edition of this acclaimed text is a must have resource for all nursing students professional nurses nurse educators nurse informaticists nurse researchers and nurse administrators

**Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1979 *National Guide to Funding for Children, Youth and Families* ,1995 **Gale's Guide to Nonprofits** ,2000 *World Guide to Religious and Spiritual Organizations* Union of International Associations,1996 **Subject Guide to Books in Print** ,1983 **Australian Family Physician** ,2005 **Encyclopedia of Information Systems and Services** ,1988 *Revised Code of Washington* Washington (State),2021 **Grant\$ for Mental Health, Addictions & Crisis Services** ,2000 **Special Education**

**Index to Parent Materials** National Information Center for Educational Media,1980

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web apr 20 2021 nfpa 37 section 4 1 4 states that engines and their weatherproof housings if provided that are installed outdoors must be located at least five 5 feet from openings in walls such as windows doors and wall penetrations and at least five 5 feet from

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