



WEEK	ACTION/ACTIVITY	RESOURCES
Week of April 24th	<ul style="list-style-type: none"> <li>●Start planning for first week of May</li> <li>●Promote events on company's social media site and company intranet sites</li> <li>●Consider hosting a Mental Health training class</li> <li>●Consider giving out Mental Health Care Packages</li> <li>● Consider promoting the May Mental Health Calendar Challenge</li> </ul>	<ul style="list-style-type: none"> <li>●Toolkit – Mental Health America: <a href="#">Mental Health Month Outreach Toolkit</a></li> <li>●Toolkit – Mental Health America: <a href="#">Workplace Mental Health Toolkit</a></li> <li>●Calendar- Mental Health America: May 2023 Mental Health Calendar</li> </ul>
Week of May 1st	<ul style="list-style-type: none"> <li>●Promote Mental Health training class</li> <li>●Kick off May Mental Health Calendar Challenge</li> <li>●Encourage employees to take a Mental Health Screening</li> <li>●Order items for Mental Health Care Packages</li> </ul>	<ul style="list-style-type: none"> <li>●Care package item ideas- Mental Health America: <a href="#">Mental Health Month Outreach Toolkit</a></li> <li>●Screening – Mental Health America: <a href="#">Mental Health Screening</a></li> </ul>
Week of May 8th	<ul style="list-style-type: none"> <li>●Promote training class</li> <li>●Distribute information about EAP program or other mental health resources within your organization</li> <li>●Distribute Article Taking Time For Yourself</li> </ul>	<ul style="list-style-type: none"> <li>●Article- Mental Health America: <a href="#">Taking Time For Yourself</a></li> </ul>
Week of May 15th	<ul style="list-style-type: none"> <li>● Promote training class</li> <li>● Distribute Article Creating Healthy Routines</li> <li>● Continue to promote May Mental Health Calendar Challenge</li> </ul>	<ul style="list-style-type: none"> <li>●Article – Mental Health America: <a href="#">Creating Healthy Routines</a></li> </ul>
Week of May 22nd	<ul style="list-style-type: none"> <li>● Promote training class</li> <li>● Distribute Article Looking for Good: 4 steps to find the positives in a bad situation</li> <li>●Continue to promote May Mental Health Calendar Challenge</li> </ul>	<ul style="list-style-type: none"> <li>●Resource – Mental Health America: <a href="#">Looking for Good: 4 steps to find the positives in a bad situation</a></li> </ul>
Week of May 29th	<ul style="list-style-type: none"> <li>●Distribute Mental Health Care Packages</li> <li>● Distribute Article Owning Your Feelings</li> </ul>	<ul style="list-style-type: none"> <li>●Article- Mental Health America: <a href="#">Owning Your Feelings</a></li> </ul>