

The Wellness Department
Along with the "Herren Project" dedicate the month of
May to Educate, Raise Awareness and Reduce Stigma of Mental, Behavioral or
Substance Abuse Issues

<p>Find Your Melody MONDAY Music helps to lift you and others to a place of healing Click on each link that brings you to the activity or information.</p>	<p>Tie it Together TUESDAY Supports and resources DIY</p>	<p>Wellness WEDNESDAY Show your support by wearing Green/Purple</p>	<p>Thoughtful THURSDAY On these days we give thought to others</p>	<p>Helpful Facts Friday</p>	<p>Resources https://www.nimh.nih.gov/health/topics/depression The Herren Project Article on depression</p>
<p>1. Herren Project Hunking school 6-8pm Get your tickets Ticket link Enter Haverhill High</p>	<p>2. Herren Project Tonight is the night. 6-8pm Hunking School DON'T MISS THIS Ticket link</p>	<p>3. Littlewordsproject What is your word? Healthy Relationships Lesson: Health I HHS: YWCA</p>	<p>4. NAMI TEEN INFO Toxic Relationships Lesson: Health II Gateway: YWCA</p>	<p>5. The Clay Center</p>	<p>Females and Depression, Help https://herrenproject.org/ YouthNow Herren Project- Prevention Month</p>
<p>8. Personal Soundtrack DIY This is National Prevention Week (May 7-13th)</p>	<p>9. Learn the warning signs Choice Mantras "I choose to attract only positive actions"</p>	<p>10. Take a Hike</p>	<p>11. LIVE A GREAT STORY What is your story?</p>	<p>12. Tips to help teens cope What to Do When You're Having a Bad Mental Health Day</p>	<p>Mom's Advice to help teen Mass General Hospital: What you need to know 20 Mental Health books for teens Massachusetts Behavioral help</p>
<p>15. 60 min of relaxation Give this a try 10 min a day</p>	<p>16. best apps for mental health help Wysa app</p>	<p>17. Garden therapy for mental-health Hand Hold</p>	<p>18. Born this way foundation Join one of her organizations Toxic Relationships: Health II HHS YWCA</p>	<p>19. books-mental-illness Lifeline.org</p>	<p>Please Stay RESOURCES FOR SUPPORT - Born This Way Foundation Navigating a Mental Health Crisis NAMI Massachusetts Jama Article: Substance Abuse in Children</p>
<p>22. Yoga for stress</p> <hr/> <p>29. 4 Outdoor Activities That Can Improve Your Mental Health Life Goals Mag</p>	<p>23. Kids Health Toxic Relationships: Health II HHS: YWCA</p> <hr/> <p>30. Color/Doodle Take time for you Do you have that one spot that is your calm place?</p>	<p>24. Zen Garden DIY DIY get creative</p> <hr/> <p>31. Get outdoors! 10 genuinely fun outdoor activities for older kids - Mumlyfe</p>	<p>25. The Jed Foundation don't forget your handout.</p>	<p>26. just breathe Mantras are also important "I believe in me" Drink water stay hydrated</p>	<p>DMH Mental Health Facilities in Haverhill, MA PSA-DMH https://www.masshelpline.com/</p> <p>Feedback or questions on the this interactive calendar please contact: clabelle@haverhill-ps.org</p>

