

Mental Health Awareness Month

Ideas for Action

May is Mental Health Awareness Month

1 Learn about mental health

Find resources that promote mental well-being and provide help in crisis situations.

- ramseycounty.us/mentalhealth
- ramseycounty.us/wellbeing
- mentalhealthfirstaid.org
- nami.org

Watch the mental health awareness Facebook Live events Fridays at 12:30 p.m. on [Ramsey County's Facebook page](#):

- May 3 | Child and family mental health
- May 10 | Mental health for the aging
- May 17 | Substance Use Disorder
- May 31 | LGBTQ+ mental health

2 Join the conversation

Reduce the stigma and raise awareness about mental health and mental well-being in your community by:

- **Wearing green on Friday, May 3 to promote mental health awareness. When sharing photos online, tag Ramsey County and hashtag #makeitok.**
- **Giving a shout out to the person who positively impacts your mental health, your Lime Green Champion. Post, tag and hashtag your photos.**
- **Using the #makeitokay hashtag to educate others about how to support people living with mental illness.**

3 Know where to go for help

When you or a loved one needs help in an emergency call:

- Ramsey County's Adult Crisis Line: 651-266-7900
- Ramsey County's Children's Crisis Line: 651-266-7878
- National Suicide Prevention Lifeline: 1-800-273-8255