

# MAY IS MENTAL HEALTH AWARENESS MONTH

BREAK THE SILENCE - YOU'RE NOT ALONE



See resources for optimal mental health self care to get you through the long, hot summer and ways to support - and remember, **#YouGotThis** !

# YOU GOT THIS

Think Positive!

**#YOUGOTTHIS**

**YOU GOT THIS** is our performing arts mental health outreach program designed expressly for our creative community to promote optimal mental health self-care. Click the banners below to see some of our *You Got This* Self-Care Resources:



**24/7 RESOURCES: RECOMMENDED CRISIS RESOURCES**



**TIPS FOR MAINTAINING WELLNESS**



**FOOD FOR THOUGHT**



**AIDING FRIENDS WITH DEPRESSION**



# WAYS TO SUPPORT



## Join the NAMI Walks Team [HERE](#)

Second line around Audubon park with us to raise funds for mental health services in New Orleans!

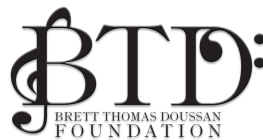


## Attend a Local *You Got This* [Event](#)

YGT Presents Pride: A Path for Self Care  
An LGBTQ+ Wellness Event

June 5th | Marigny Opera House | 6:00 -7:30PM

Support our Mental Health Community Partners:



**DONATE TO NOMC**

[info@nomaf.org](mailto:info@nomaf.org) | [neworleansmusiciansclinic.org](http://neworleansmusiciansclinic.org)

Keep In Touch!

