

May is National Mental Health Awareness Month!

Mental health awareness month was established in 1949 to increase awareness about the vital role mental health plays in our overall health, functionality, and well-being, and also to provide resources and information to support individuals and communities who may need mental health support. This month, show some support for those you love who may be struggling or have struggled with mental health conditions, and be sure to give yourself some love as well!

Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, or Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email namibrevard@gmail.com)
- DBSA Online Support Groups – Meets daily via Zoom (visit dbsalliance.org/support for info)
- Good Company Gatherings – A free gathering to meet new friends and support each other – Meets on the 3rd Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

WHAT'S HAPPENING IN MAY?

- **Every Week Day in May** – Seniors at Lunch is held in the Sunflower House on Fell Rd in West Melbourne beginning at 10am, and provides hot meals and activities to seniors ages 60+. Register by calling 321-417-4078.
- **May 1st** – Free Tai Chi class for all ages in Ryckman Park from 9:30-11:15am. Every Friday!
- **May 1st** – Flick-n-Float movie night at McLarty Park at 7p. Showing Elio. Free to watch movie, \$4 (cash only) to swim and use pool float while watching!
- **May 1st** – Stand Up Comedy Show at Villon Coffee Co in Downtown Melbourne at 9pm. Free entry! Every Friday!
- **May 2nd** – Free comic book May at Famous Faces and Funnies in Melbourne – Each person receives 10 free comics. Every Saturday in May!
- **May 2nd** – Brevard Morning Mindfulness Group; Free beach mindfulness event from 8:30-9a. Meets at the blue building closest to Nance Park. Every 1st & 3rd Saturday!
- **May 2nd** – Empower & Connect: Special Needs/Dementia Caregiver Resource Fair at the Tony Rosa Community Center from 10a-2p.
- **May 3rd** – Yoga In Nature – Free traditional yoga class for all levels at the Enchanted Forest Sanctuary in Titusville from 9:30-10:30a. Bring mat and water. Every Sunday!
- **May 3rd** – Free Ranger-Led Tour of Turkey Creek from 10-11a. Every 1st & 3rd Sunday!
- **May 3rd** – Talk to a Master Gardener for tips and advice at the Catherine Schweinsberg Rood Central Library from 1-3p. Every Sunday!
- **May 4th** – Overeaters Anonymous meetings held at the Cocoa Beach Library at 11am. Every Monday & Thursday!
- **May 4th** – Write Your Life: A Memoir Writing Circle is designed to help you explore, document, and honor yourself through reflective writing. Held at the Veterans Memorial Complex on Minton Rd on Mondays in May from 6:30-7:30p. To register, call 321-837-7779.
- **May 6th** – Women On Water (WOW) – Free ladies-only weekly paddle group at Paddling Paradise at 5:30p. \$20 rentals available for kayaks/paddleboards. Every Wednesday!
- **May 8th** – Women's Club Book Discussion at Satellite Beach Public Library from 12-2p. Bring a book you want to talk about and a bag lunch. Every 2nd Friday!
- **May 8th** – Food Truck Friday at Larry L Schultz Park in Rockledge from 4:30-7:30p. Enjoy a selection of local food trucks, vendors, and live DJ.
- **May 8th** – Friday Night Live at the West Melbourne Community Park from 6-8:30p. Enjoy free entry, food trucks, vendors, live band, and games and activities!
- **May 9th & 10th** – Summer Art & Craft Fair in Historic Cocoa Village from 10a-4p.
- **May 9th** – Mega Indoor Rummage Sale at the Melbourne Auditorium from 8a-1p.
- **May 12th** – Free Brevard Community Mental Health Educational Symposium at the Melbourne Auditorium from 8a-3p. Register on Eventbrite.com!
- **May 12th** – Adult Dungeons & Dragons Club at Riverhouse in Cocoa from 4:30-6:30p.
- **May 12th** – Sunset beach yoga class at James A Nance Park from 7-8p. Every Tuesday in May!
- **May 13th & 14th** – Free concert by 3-2-1 Jazz Orchestra at the Melbourne Auditorium at 7p.
- **May 14th** – One-on-one tech help with a librarian at the Merritt Island Library from 12-5p.
- **May 15th** – Blood Drive at the Melbourne Police Department from 10a-1p.
- **May 16th** – 4th Annual Space Coast Burger Battle held at Wickham Park from 12-9p. Enjoy over 30 food vendors with food for \$5 or less and vote for your favorite burger, along with live music, craft vendors, free axe throwing, and a free kid zone!
- **May 19th** – Space Coast Poets at the Suntree Library from 5:30-7p. Come share and get feedback on original works of poetry. Every 3rd Tuesday!
- **May 22nd** – Titusville Twilight: Free family-friendly event at Titusville Chamber of Commerce from 6-9p with food trucks, vendors, and music. Every 4th Friday!
- **May 26th** – Parenting Odyssey with Circles of Care – Mental health education and resources for parents, teachers, and caregivers. Held at the Degroodt Library in Palm Bay at 6:30p.
- **May 31st** – Silent Book Club at Moonstruck Market from 3-5p. Chat for a few, then read a book of your choice quietly in a comfy atmosphere!

Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!

May Mental Health Book Recommendation:

“Where To Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges”

~ By Mental Health America and Gemma Correll

May Podcast Recommendation:

“On Purpose with Jay Shetty” features interviews with experts, authors, and celebrities to focus on topics relating to mental health, relationships, and purpose. The show also offers workshops, actionable advice, and interviews aimed at personal growth and wellbeing.

May Monthly Self-Help Tool:

The ‘How We Feel’ app is a free non-profit app designed by scientists, therapists, and the Yale Center for Emotional Intelligence to help individuals identify and manage their emotions through daily check-in’s, tracking healthy or desired behaviors, and accessing video-based exercises to cope with difficult situations.

MAY’S MIND YOUR MENTAL HEALTH CHALLENGE

					Be intentional with your time, and do something to pamper yourself today	Focus on your water intake today and stay hydrated
Write out your goals for the week or the month. What are you hoping to accomplish?	Wear your favorite outfit today and give yourself a compliment	Make a list of the things you are grateful for in life	Set aside time today to call or write to a friend or family member	Listen to your favorite music today	Cook your favorite meal for yourself	Spend some time outside today. Soak in the sun and fresh air (but put on sunscreen!)
Declutter and organize one space at home or work	Start your week out with 10 slow, deep, intentional breaths.	Spend 10 minutes today journaling about your day and how you feel	Slow down today and allow yourself space and grace to exist just as you are	Take note of what boundaries you have in place that help with your stability	Give compliments to yourself and 3 other people today	Have an art day. Do something creative or inventive today
Enjoy some quiet time and unplug from technology for a while today	Give yourself permission to say ‘no’ when you need to – for today and every day	Practice things that make you feel calm	Make time for laughter - watch a funny movie or show today	Do a “brain dump” and write out all of the thoughts in your head to organize them	Spend time or talk with people that make you happy	Make plans to watch the sun rise or set (or both!)
Have a “no plans day” and see how it feels. Allow yourself time to relax	Seek out information to learn about something new today	Go to sleep an hour earlier tonight and allow your body and brain to rest	Take a photo of yourself today and notice your favorite aspects of yourself	Set aside time today for your favorite hobby	Spend 10 minutes today journaling about your favorite events in May	Take a walk and notice all of the beauty that nature has to offer

Reflect on the goals you set earlier this month and



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