






Mental Health Awareness Month events by Beav LAC

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MENTAL HEALTH AWARENESS MONTH 2023</p>	<p>Co Commission 1 Dillon Mayor proclaim AWARENESS MONTH</p>	<p>Courthouse Clock 2 Tower shines GREEN all month in honor of Mental Health</p>	<p>Breathe slowly, 3 steadily from your core. Imagine letting fear and worry go with each breath</p>	<p>What's on Your Mind? 10 A.M. KDBM/KBEV 4 LAC ACTIVITIES for MAY</p>	<p>DMS Hope Squad 5 members have Mental Health PSAs for radio. Listen In!</p>	<p>Youth Empowerment Conference 6 Carroll College</p>
<p>Positive mental health messages on downtown storefronts. 7 HOPE WEEK @ DMS May 8-12</p>	<p>COPING SKILL 8 "I can do this." "I can handle this." "I am strong." RSVP for FREE luncheon on May 23 @ noon @ UMW....RSVP!! CALL 406.596.8002</p>	<p>National Fentanyl Awareness Day 9 FACT: More than 150 people DIE EACH DAY from opioid related FENTANYL overdoses</p>	<p>Take a break from Social Media and the news -- Challenge yourself to go the whole day 10</p>	<p>What's on Your Mind? 10 am 11 Chief Alvarez Fentanyl & Narcan Training @ 7 pm Sweetwater Coffee</p>	<p>Charlie Health 12 Suicide Survivor Support Group ZOOM 834 7272 8711</p>	<p>RSVP Community Luncheon 13 </p>
<p>MOTHER'S DAY 14 Take time to appreciate the people who love & support you </p>	<p>Mental Health Fact Sheets available at I LAC website under beaverheadcounty.org 15 Mental Health Editorial in local media</p>	<p>Free LAC Luncheon 16 MAY 23 NOON @ UMW RSVP 406.596.8002 or QR code in 5/13.</p>	<p>YOUTH SUBSTANCE USE PREVENTION RM HIDTA Youth Substance Use Prevention Institute: In Person and Virtual J Rocky Mountain HIDTA Prevention Fundamentals: Home, Schools, and Community, 17 18</p>	<p>19 Thank you Jocelyn Curtis for the beautiful art work on downtown store front windows..</p>	<p>20 What is the biggest obstacle you've ever overcome?</p>	
<p>REMINDER 21 Thoughts are not facts LAC FREE COMMUNITY LUNCH on TUESDAY, MAY 23</p>	<p>22 Talk about mental health. It promotes acceptance and encourages people to seek help.</p>	<p>JOIN US FOR LUNCH 23 L & C Room UMW NOON SUPAMAN</p>	<p>24 PARENT GUIDANCE SERIES @ 7 pm "Warning Signs of Device Addiction" 7 Register @ DillonSchools.org</p>	<p>25 Start your morning with 10 deep breaths. HeArt of Recovery Every Thurs 5:30-7:30 The Village</p>	<p>26 Great Kids Books On Mental Health List Available @ Bethechange406.Org "Resources"</p>	<p>27 SOAK UP THE SUN </p>
<p>28 Check out the Social Media Postings on: Facebook, Twitter, Instagram</p>	<p>29 Six (6) minute Fentanyl video @ bethechange406.org LAC Survey in Dillonite</p>	<p>30 </p>	<p>31 JOIN THE LAC Next Lac Meeting Is Thursday June 8 @ Noon County Treasurer's Meeting Room</p>	<p></p>	<p>All May mental health handouts, calendars, videos, and other information available online at Beaverhead LAC website: https://beaverheadcounty.org/departments/mentalhealth-local-advisory-committee</p>	