

May Is Mental Health Matters Month

As we enter May Is Mental Health Matters Month, we invite you to join us in reimagining what mental health could look like for all Californians — and specifically for yourself and those you care about.

We encourage you to

- **Reflect** on the current state of your mental health
- **Reframe** how you think about mental health support and self-care
- **Reassess** whether your needs are being met
- **Realign** your goals to improve your mental well-being
- **Rekindle** your hope that things CAN get better
- **Reconnect** with friends and family and check in on their mental health
- **Refocus** on what's most important to you
- and **Reimagine** just how good your mental health could be

May Is Mental Health Matters Month is a good time to reimagine what you want your life to look like. And then to set goals for how you can get closer to that vision. Use our mental health goal-setting worksheet to identify what you want to change and how you'll make those changes happen.

Mental health is not just an individual effort. It takes all of us supporting each other to create a real, sustainable state of well-being. Having conversations about how we're feeling, what we need, and checking on how other people around us are doing is what will lead to a culture of support.

If we can imagine it, we can achieve it. Let's reimagine and transform California's mental health reality!

Reimagine mental health

Our mental health is always changing. Sometimes things are easier and other times life throws challenges our way. How we deal with those bumps in the road makes all the difference.

We're all on different mental health journeys. Even if we're generally heading in a good direction, our paths may not always be linear. And sometimes we need help getting back on track by taking better care of ourselves.

Where would you place yourself on your journey?

Reflect on where you are right now, in terms of taking action for your mental health. No judgment — whatever stage you're at is okay and gives you room to grow.

<input type="checkbox"/> Not even thinking about my mental health — I've got other priorities <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Realizing I need to make a change — but I'm not sure if I'm ready <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Figuring out what steps to take and where to start — I want to do this <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/> Ready to take action — just try to stop me! <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Taking care of myself most days — and it's making a difference <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Trying — but not always succeeding <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Get tips and resources customized to your place in the journey at [TakeAction4MH.com](https://www.TakeAction4MH.com)

