

Mental Health Awareness Month 2024



HOW TO BE A MENTAL HEALTH CHAMPION

With mental health entering more and more of our daily conversations, many people are wondering how they can contribute to decreasing the stigma while supporting those they care about. Compeer is committed to educating our communities on how to recognize when someone may be struggling, giving you the tools that empower you to help, and connecting with appropriate resources. That person, at any time, could be you. Below are some ideas on how you can be a champion of mental health.

WHAT CAN I DO AS AN INDIVIDUAL?

- Check on your friends, family, co-workers, and neighbors!
- Lime green is the official awareness color for mental health- wear it proud!
- Share your story
- Host/attend webinars related to mental health topics
- Call or e-mail elected officials and let them know why you think mental health should be a priority
- Use de-stigmatizing language when talking about mental health
- Get your employer involved! Let them know that May is Mental Health Month

HOW TO SUPPORT COMPEER

- Volunteer with Compeer
- Donate to Compeer
- Schedule a Mental Health First Aid Training with Compeer
- Share, like, comment, and post the information shared by Compeer Buffalo on social media to be part of the conversation
- Talk about mental health with people you care about
- Take the pledge to end the stigma around mental health:
<https://letstalkstigma.org/support/pledge/>
- Become familiar with the signs and symptoms of various mental health challenges



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