

Mental Health Toolkit 2025



National Mental Health Awareness Month is here! This May, join us in supporting mental wellness for people of all ages and cultures through meaningful friendship. Join us in taking the pledge to #checkonyourfriends this month!

Consider Saying...

- Hey, just checking in!
- I know you are not ready to chat yet, but I am here when you are.
- I am hitting the grocery store, need anything?
- Thinking of you! How've you been?
- Wanna walk after work?



Consider Doing...

- Arranging for a time to talk on the phone or meet for a walk in the park or dinner.
- Drop a meal off, send a gift card to their favorite restaurant, or start a meal train.
- Send a card in the mail- it brings a smile to someone's face!
- Set reminders in your phone to send a text message or make a phone call.



What To Remember:

- Ask how you can help, it shows that you care.
- Be understanding of their limitations and yours!
- Redirect self-negative talk into positive self-talk
- Recognize a person's strength instead of challenges or limitations
- Offer a non-judgmental approach with all your interactions and conversations
- Take their lead and do not put pressure on them, unless you are worried about their safety.



Maintaining Good Mental Health

- Mental health is the foundation of overall well-being
- Affects how individuals handle stress
- Influences thoughts, emotions, behaviors
- Affects how individuals relate to others
- Affects how individuals make decisions



Diet & Daily Life

- Incorporating daily activities like a balanced diet
- Incorporating regular exercise
- Seeking support when needed can strengthen mental health
- Managing stress is crucial
- Prevents negative impact on overall well-being



Having Support

Coping skills are strategies that help people manage stress and emotions
Examples include:

- Deep breathing exercises
- Journaling
- Meditation
- Finding and engaging in hobbies



Coping Skills

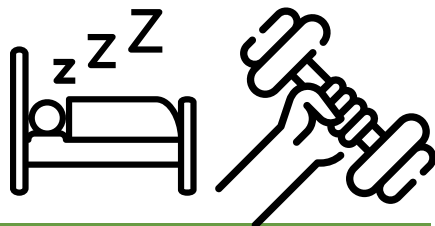
- A strong support system is key
- Offers emotional support and reduces isolation
- Can include friends, family, support groups or professionals

Self-Care

Self-care is the steps an individual takes to preserve and improve their physical, mental, and emotional well-being. Prioritizing self-care is important as it can help you balance stress, learn to regulate emotions, and can help you live a balanced life.

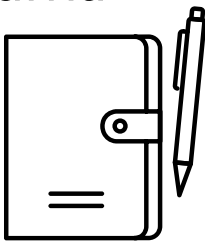
Physical

- Nutrition
- Exercise
- Sleep



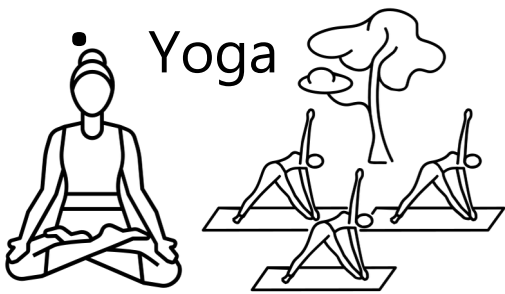
Emotional

- Gratitude
- Triggers
- Journal



Spiritual

- Meditate
- Nature
- Yoga



Intellectual

- Read
- Learn
- Hobbies



Environmental

- Clean
- Safety



Financial

- Budget
- Save

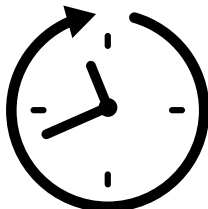


Community

- Boundaries
- Connections
- Support system

Occupational

- Boundaries Time
- management
- Breaks



Scan here to make your self-care plan!



Stigma Surrounding Mental Health

- Stigma is negative or discrimination toward mental health challenges
- Often fueled by misinformation and societal biases
- Can prevent people from seeking treatment
- Leads to feelings of shame, fear, isolation
- Creates barriers to support and understanding
- Contributes to worsening mental health outcomes
- Reducing stigma involves education, empathy, and open conversations

Reduce Stigma



**Promote mental health education.
Encourage open conversations.
Support those who seek help.**

How to Help

Join us on our social media to commit to this May's challenge of: Check In. Show Up. Repeat. Each day, a new challenge will be posted that encourages you to check on your friends, and prioritize your own mental wellness.



Instagram: @compeerbuffalo
Facebook: @CompeerBuffalo
Linked In: Compeer of Greater Buffalo

Take the Pledge!

Words are powerful. Join us in taking the pledge to end stigma surrounding mental health. With this pledge you promise to:

- Avoid using stigmatizing words like "crazy," "psycho," and "insane" in everyday conversations
- Speak out against mental illness stigma and discrimination
- Share your experiences, stories and information to spread awareness
- Continue to learn about mental health issues.

Take the Pledge today:



Myth VS Reality

Myth #1

Only people with mental health conditions have to take care of their mental health.

Reality

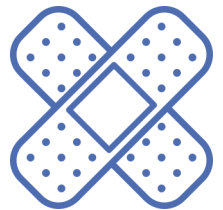
Everyone can benefit from taking care of their mental health. Taking steps to actively boost their mental health can help any person.

Myth #2

Strong individuals do not have mental health conditions and the people who have these conditions are weak individuals.

Reality

Being strong or weak has nothing to do with mental health. Any person can develop a mental health condition, and no one chooses to have one. It takes a lot of strength to seek support and treatment to manage symptoms and work to become mentally healthy.



Myth #3

A person with mental health symptoms can never recover from them.

Reality

Many people believe that individuals with mental illnesses will not be able to live successful lives, but that is not the case. With the right support and services individuals can lead happy and successful lives and many people do!

Myth #4

Everyday people cannot support people navigating mental health challenges

Reality

An everyday person such as a co-worker, friend, family, or neighbor can help them by using suggestions in the toolkit

- Leave a note checking in on someone
- Be understanding and show empathy
- Avoiding stigmatizing language