

May is Mental Health Matters Month

Tuesday, May 29

Suggested Email Subject Line: Reaching Diverse Communities

As Mental Health Matters Month comes to a close, we hope that you've started conversations, shared resources, and deepened connections with those around you while sharing valuable information on mental health.

As we move into Pride Month, we encourage you to check out Each Mind Matters' resources for LGBTQ+ people. Share these resources during the month of June to show your rainbow pride and support for the LGBTQ+ community:

- [Latinx LGBTQ+ Immigrant Youth Provider Fact Sheet](#)
- [Be True and Be You: A Basic Guide for LGBTQ+ Youth](#)
- [LGBT Mental Health and Aging Support Guide](#)
- [Pride Video](#)



Each Mind Matters has also created materials for other diverse communities, including resources for African American, Latino, Asian Pacific Islander and Native American communities, all of which can be found on the [Each Mind Matters Resource Center](#).

Directing Change "Through the Lens of Culture" films are a great resource for reaching diverse communities with mental health and suicide prevention messages. You can access all films [here](#) or review a selection of films addressing [suicide prevention](#) and [mental health](#).

In addition, here is a small selection of the 2018 winning films in this category.

- ["A Mormon Perspective"](#) (Contra Costa County)
- ["Time to Speak Up"](#) (Fresno County, in Hmong)
- ["Taking Flight"](#) (Sacramento County, in Cantonese)

Remember to visit the (INSERT ORGANIZATION NAME) Facebook (INSERT HYPERLINK), Instagram (INSERT HYPERLINK), or Twitter (INSERT HYPERLINK) to learn about activities, ideas, and tips to promote mental health in your home and community.

[Insert Agency/CBO Signature Line]