

MAY IS MENTAL HEALTH MONTH 2021

LIFE CAN BE HARD.

YOUR MENTAL HEALTH DOESN'T HAVE TO SUFFER.

GET TOOLS AND INFORMATION THAT CAN HELP.



Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

Tools 2 Thrive: While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. COVID-19 has had a profound impact on mental health. It's critical to normalize mental health care to heal from the long-lasting impacts of the pandemic. Living a healthy lifestyle and incorporating **#Tools2Thrive** for mental health may not be easy but can be achieved by gradually making small changes and building on those successes.



Tools 2 Thrive provide practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.

Check it out mhnational.org/tools-2-thrive

Topics include:

- Adapting after trauma and stress
- Dealing with anger and frustration
- Getting out of thinking traps
- Processing big changes
- Taking time for yourself
- Radical acceptance

Helpful Links

[CHOA: Strong 4 Life](#)

[Common Sense Media](#)

[WELLNESS NEWSLETTER BY GA DOE](#)

[May Mental Health Tools 2 Thrive Kit](#)

[Forsyth Environmental Newsletter](#)

[Cumming Local-Things to do this Summer for Kids](#)

