



May is Mental Health Matters Month!

Find activities and resources below to promote youth wellbeing and mental health within your community during Mental Health Matters Month and beyond.

Submit to the Hope and Justice art and film contest: "What is Your Word?" If you could use one word to describe what boys and young men, and those who care about them, need for better mental health, what would it be? Express your word through art, film, poetry, or music by May 31st for a chance to win up to \$300 in prizes. Visit hopeandjustice.art to get started. This prompt is offered in partnership with the Children & Youth Behavioral Health Initiative (CYBHI).

Host an activity. This [Activity Guide](#) provides ideas for youth-led mental health events and activities. Whether you are a youth, educator or a parent, take some time for journaling, coloring and deep breathing activities from the [Mental Health Thrival Kit](#).

You're invited! Join Youth Creating Change on May 21st for the [14th Annual Directing Change Screening & Awards Ceremony](#). This red-carpet event will celebrate youth from across California who created films about mental health and suicide prevention.

View Films and Vote! We are once again hosting a People's Choice Award. Watch all the statewide finalists in Suicide Prevention and Mental Health categories and vote for your favorite! Then share your favorite films on social media. [Vote here](#).

Share Films on Social Media. Share youth-created short films in the social media guide below across platforms to spread awareness of mental health and how to get support.


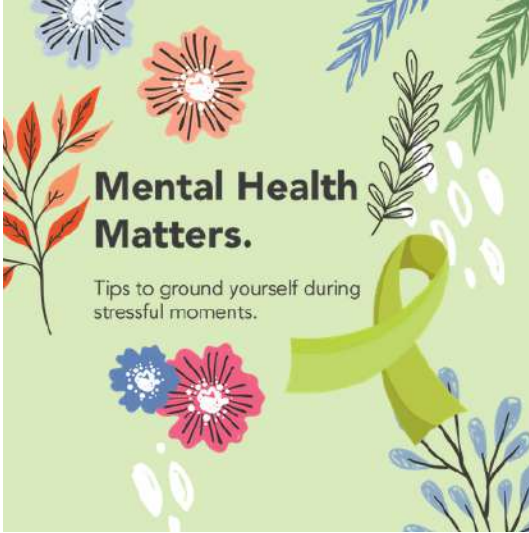
- [Small Steps Matter](#)
- [Lo Que No Decimos](#)
- [To My Younger Self](#)
- [The Suppressed](#)
- [Nuestra Cultura es Voz](#)
- [Headwrangler](#)
- [Casting Out](#)
- [Noticing the Signs](#)

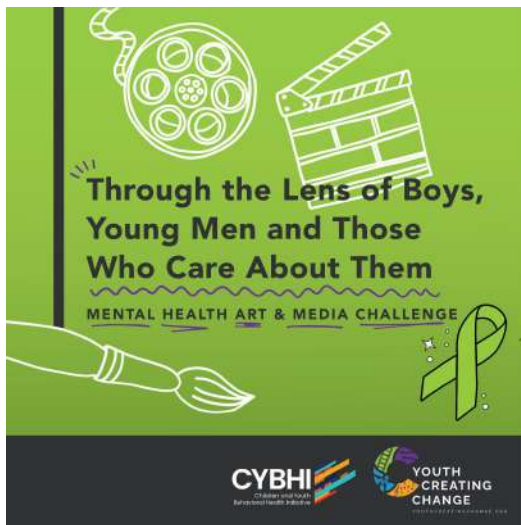
Looking for mental health support? This May, download and try these wellness tools: [Soluna App](#) for free coaching and wellness tools, and [Mirror App](#) for journaling.

And last but not least – stay connected! [Sign up](#) for our newsletter for events, updates and volunteer opportunities.

2025 Mental Health Matters Month Digital Toolkit

[Download graphic and inset videos](#)

Graphic	Caption
 <p>Download graphic</p>	<p>May is Mental Health Matters Month and a great time to promote youth wellbeing and mental health within your community. ❤️ Find activities and resources at YouthCreatingChange.org/Events</p> <p>#selfcare #MayisMentalHealthMattersMonth #MentalHealthMattersMonth</p> <p>@youthcreatingchangeorg (Instagram, TikTok, and Facebook)</p>
 <p>Download animation and graphics</p>	<p>When you're experiencing stress, what helps you ground yourself? Whether it's getting outside, using your senses, or gentle movement, it's important to take a moment for yourself and breathe.</p> <p>Find activities and resources at YouthCreatingChange.org/Events</p> <p>#selfcare #MayisMentalHealthMattersMonth #MentalHealthMattersMonth</p> <p>@youthcreatingchangeorg (Instagram, TikTok, and Facebook)</p>



[Download graphic](#)

May is Mental Health Matters Month - so share your word! If you could use one word to describe what boys and young men, and those who care about them need for better mental health, what would it be? Express your word through art, film, poetry, or music and creatively incorporate the lime green ribbon as a symbol for mental health.

Submit by May 31st for a chance to win up to \$300 in prizes. Visit hopeandjustice.art to get started. This prompt is offered by Youth Creating Change in partnership with the Children & Youth Behavioral Health Initiative (CYBHI).

#YouthCreatingChange #artcontest
 #suicideprevention #mentalhealth
 #whatisyourword #CYBHI
 #boysandyoungmensmentalhealth
 #mensmentalhealth #boysmentalhealth
 @youthcreatingchangeorg (Instagram, TikTok, and Facebook)



[Download graphic](#)

You matter, and you are not alone. If you are in crisis, there are many resources that are free and can provide an anonymous listening ear.

Find activities and resources for Mental Health Matters Month at YouthCreatingChange.org/Events

#selfcare #MaysMentalHealthMattersMonth
 #MentalHealthMattersMonth

@youthcreatingchangeorg (Instagram, TikTok, and Facebook)



YOUTH CREATING CHANGE





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The demands of life can be draining, but luckily there are great tools that can uplift our mental health. Soluna is an app for teens that offers a safe space to explore and manage your well-being through resources, forums, and more. It's free, easy to use, and confidential. Download the free app at [Solunaapp.com](https://solunaapp.com).

"1% Remaining" was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention. 🎬

Learn more about Mental Health Matters Month and find resources at YouthCreatingChange.org/Events

#solunaapp @youthcreatingchangeorg (Instagram, TikTok, and Facebook)



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Using grounding exercises can be a great tool for managing anxiety and stress. "[Small Steps Matter](#)" demonstrates how using your senses with the 54321 technique can help bring you back to the present moment.

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Many factors can impact how we talk about mental health, including cultural norms, generational differences, and family expectations. "[Lo Que No Decimos](#)" shares the perspective of a Latina youth who encourages young people to speak up and reach out to someone they trust if they're struggling.

The film was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention. 🎬

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What would you say to your past self about how to take care of your mental health? "[To My Younger Self](#)" tells the story of a youth struggling with depression and the pressures of daily life who learns that there is hope.

The film was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention. 🎬

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Young men are often encouraged to withhold emotion to maintain a tough exterior. The film “[The Suppressed](#)” encourages young men to open up and allow themselves to be fully seen by others.

The film was submitted to the Media Challenge for Boys, Young Men and Those Who Care About Them. Youth Creating Change has partnered with the Children & Youth Behavioral Health Initiative (CYBHI) to raise awareness and reduce stigma around the mental health and wellbeing of boys and young men through this challenge. 🎬

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[Download graphic and inset video](#)

Strength can be shown not only through resilience, but through knowing when to reach out for help. The youth filmmaker behind “[Nuestra Cultura es Voz](#)” shared that the film was created to explore mental health awareness within Hispanic culture and that “strong doesn't mean staying silent.”

The film was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention. 🎬 Find activities and resources for Mental Health Matters month at YouthCreatingChange.org/Events

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What coping skills are a part of your self-care routine? For the youth behind the film “[Headwrangler](#),” they play music (they even created the original song in the film), get outside, and connect with others.

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[Download graphic and inset video](#)

Expectations around masculinity can discourage young men from reaching out for help. The film “[Casting Out](#)” reminds viewers that it’s okay to be vulnerable and start that conversation.

The film was submitted to the Media Challenge for Boys, Young Men and Those Who Care About Them. Youth Creating Change has partnered with the Children & Youth Behavioral Health Initiative (CYBHI) to raise awareness and reduce stigma around the mental health and wellbeing of boys and young men through this challenge. 🎬

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YOUTH CREATING CHANGE





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“[Noticing the Signs](#)” was created by middle school students to show how to check in with a friend who may be having a hard time. By continuing to amplify youth voices like the youth who created “Noticing the Signs,” we can make it easier for others going through similar struggles to talk about their experiences.

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[Download graphic](#)

Celebrate youth voices and creativity by voting for your favorite mental health and suicide prevention PSA created by youth across California as part of the 14th annual Directing Change Film Contest. 🎬

Vote at DirectingChangeCA.org/award-ceremony

@youthcreatingchangeorg (Instagram, TikTok, and Facebook)

#directingchange #suicideprevention #mentalhealth #mentalhealthawareness #mentalhealthmattersmonth #youthfilmcontest



YOUTH CREATING CHANGE





[Download graphic](#)

You're invited! Join Youth Creating Change on May 21st for the 14th Annual Directing Change Screening & Awards Ceremony. This red carpet event will celebrate youth from across California who created films about mental health and suicide prevention. 🎬

Reserve your free ticket:

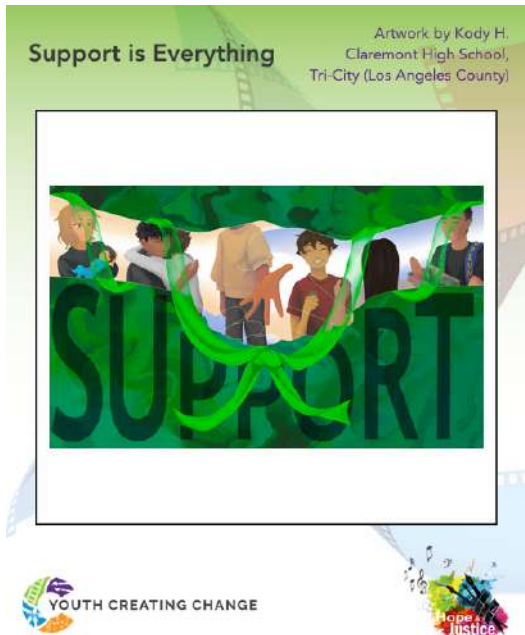
DirectingChangeCA.org/events

@youthcreatingchangeorg (Instagram, TikTok, and Facebook)

#directingchange #suicideprevention

#mentalhealth #mentalhealthawareness

#mentalhealthmattersmonth #youthfilmcontest



[Download graphic](#)

The youth artist who created this piece wanted to represent how much receiving support can improve young people's mental health. "I want to share my support with others so that they know they aren't alone and can be and do whatever they want," they shared.

Find more Mental Health Matters Month activities including our current "What is Your Word?" prompt at

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@youthcreatingchangeorg (Instagram, TikTok, and Facebook)

Banderas

Artwork by Andrea D.
Clermont High School,
Tri-City (Los Angeles County)



[Download graphic](#)

“Banderas” was created by a youth artist to celebrate their Hispanic heritage and the support of their family. They shared “I’m grateful to my parents for guiding me through life and teaching me how to live in the US while not forgetting my heritage.”

The art piece was submitted to our “What I Wish My Parent(s) Knew” prompt, where students expressed what it’s like to be a young person today. Find more Mental Health Matters Month activities including our current prompt “What is Your Word?” at YouthCreatingChange.org/Events

@youthcreatingchangeorg (Instagram, TikTok, and Facebook)

Blossoming Identity

Artwork by Keith H.
Rodriguez High School,
Solano County



[Download graphic](#)

Being able to be your authentic self can have a huge impact on your mental health. The youth artist who created “Blossoming Identity” shared, “Once I finally got to high school, I saw all of these wonderful openly LGBTQ+ people who were happy to reach out their hand to me. They supported me as I came into my own identity and helped me gain the confidence to be out myself.” 🌈

Find Mental Health Matters Month activities including our current Hope & Justice prompt “What is Your Word?” at YouthCreatingChange.org/Events

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