

MENTAL HEALTH AWARENESS MONTH

May is mental health awareness month. The organization known as [Mental Health America](#) started the tradition in 1949. What began as a week-long movement dedicated to bringing attention to the importance of taking care of one's mental health has now grown into a month long movement focused on advocacy, building community, and creating resources for those who struggle with and work in mental health. Physical and [mental health](#) and wellbeing are interconnected, but while many take steps to support their physical health needs, many more ignore their mental wellbeing.

[50 self-care activities to do when you don't know where to start](#) (10-minute read / explore at your own pace)

Self-care is a bit of a buzzword in today's world, but do you know what it really means? Taking care of yourself can feel selfish, especially if you have other people in your life that rely on you for support. You cannot pour from an empty cup.

[The Mental Health Benefits of Physical Exercise](#) (5-minute read)

Anxiety creates struggles not only for your brain, but for your body as well. Physical exercise has been proven to increase endorphins and decrease cortisol, the stress hormone. This article takes a look at the benefits of exercise and how to get started.

[Out of the Dark: Teens Talk Mental Health](#) (25:27 minute video)

This PBS video follows the journeys of four teenagers who have struggled with mental health disorders and the hope they've found with the help of their families.

[Caring for Your Mental Health](#) (explore at your own pace, multiple links within the website)

The National Institute of Mental Health has plenty of resources (videos, podcasts, articles, activities, etc.) linked on their website. This article has links listed at the bottom that can take you to additional resources.

continued





allegheeny
children's initiative
Hope starts here

**Education & Dialogue
subcommittee**

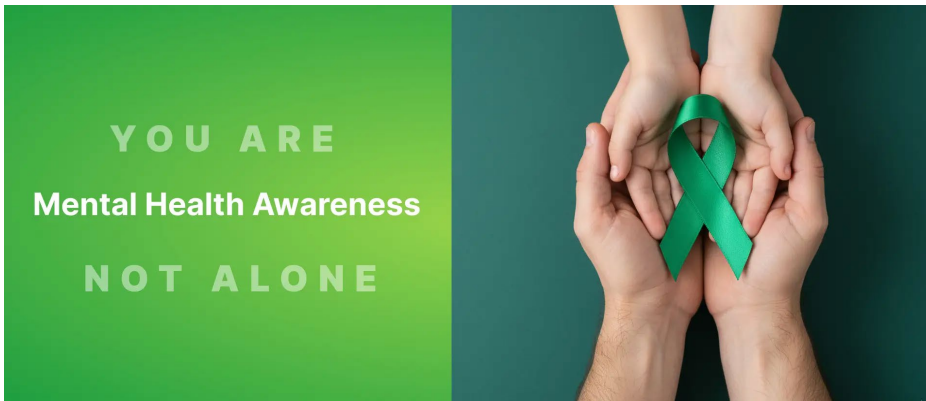
Monthly Learning
Topic

May 2026

MENTAL HEALTH AWARENESS MONTH, continued

[Mental health support for teens: What's available and where to find it in the Pittsburgh area](#) (explore at your own pace, multiple links within the website)

This website provides a list of resources for mental health support for teens and their families. Allegheny Children's Initiative is listed on this website as well!



Equity is
Imperative

AlleghenyChildrens.org    