

IMPOWER

Inspiring Life's Potential.

Celebrating Mental Health Awareness Month 2021



More Info:
impowerfl.org/events/mhawarenessmonth

May 1-31, 2021

About

Since 1949, May has been set aside as a special occasion to garner awareness for all aspects of mental health. This year, IMPOWER is excited to put its own spin on the month as we put out special content related to mental health awareness.

Schedule

Each week in May we're spotlighting a different IMPOWER program, along with facts and resources related to them, on our social media channels.

- **Week 1: May 3-9 (Child Well-being Services, Adoptions and The Village)**
- **Week 2: May 10-16 (The Grove and Substance Misuse)**
- **Week 3: May 17-23 (Outpatient Behavioral Telehealth)**
- **Week 4: May 24-30 (Prevention Programs)**

Comics with a Purpose – The Art of Lucy West

Each week of the month we will be posting original comic art by artist and illustrator Lucy West (lucyblu98). Each features a story related to one of IMPOWER's programs and a mental health related topic. Be sure to share!

Did you know?

1 in 4 individuals will be diagnosed with a mental health illness this year

\$210.5 billion

annual cost of depression in the USA

Suicide is the **2nd** leading cause of death in the USA for those under 34

Special happenings

Taking Care of Yourself to Help Others: Coping with Compassion Fatigue - IMPOWER and AdventHealth
Thursday May 6th, 12:00pm to 1:00pm ZOOM
Note: Event only open to AdventHealth staff, however a narrated presentation will be available to the general public after May 6th.

Food and Mood: A Discussion on Nutrition, Mental Health and Heart Health - IMPOWER and The American Heart Association Orlando Chapter
Tuesday May 18th, 5:00pm to 6:00pm ZOOM

Staying in the Moment: Lessons on Mindfulness - IMPOWER and ClinCloud
Thursday May 20th, 5:00pm to 6:00pm ZOOM

Thank you to our community partners and friends!



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