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**National Mental Health Awareness Month 2020**

**Mental Health 4 All**

Thank you for downloading our 2020 toolkit for National Mental Health Awareness Month. May has been observed as National Mental Health Awareness month since 1949. The goal of Mental Health Awareness Month is to provide education, support and advocacy to those in need. This year’s theme, Mental Health 4 All, calls for Marylanders to the end the stigma around mental health and raise awareness that everyone needs to care for their mental health to ensure mental wellness. This free toolkit was developed in collaboration by Maryland’s Suicide Prevention and Early Intervention Network (MD-SPIN) and NAMI Maryland.

**Pledge**

Download a copy of the National Mental Health Awareness Month pledge. You can pledge to participate as an individual or organization. Take the pledge and share it on social media with the hashtags #MentalHealth4All and #MDMindHealth. Share your completed pledge with us by emailing it to [mdh.mdmindhealth@maryland.gov](mailto:mdh.mdmindhealth@maryland.gov).

**Proclamation**

The sample proclamation is designed to give interested jurisdictions a framework to declare May as Mental Health Awareness Month at the local level. The proclamation can be edited to provide information specific to your local jurisdiction. A photo of the official signing of a proclamation can be submitted to NAMI Maryland ([connection@namimd.org](mailto:connection@namimd.org)) or MD-SPIN (mdh.mdmindhealth@maryland.gov) for posting to our Facebook pages and Twitter accounts.

**Social Media**

Several sample posts, graphics, and cover photos are included in the toolkit for use on Facebook, Instagram, and Twitter. Come up with your won original posts and use the hashtags #MentalHealth4All and #MDMindHealth.

**Wear Green on May 27th**

We need your help to spread the word about mental health and wellness. You can help spread awareness by wearing green on Wednesday, May 27th. Be sure to take a picture and tag @NAMIMaryland and @MDSuicidePrev in your Tweets and we will retweet your photo!

**Get Involved**

Looking for additional ways to learn about mental health and to spread awareness? Check out our Mental Health 4 All Challenge Calendar for ways to find support, spread awareness and learn more.