

May is Mental Health Awareness Month!

May 1, 2025

Turn Awareness into Action!

This Mental Health Awareness month, we continue to recognize the importance of the mental health on the overall well-being of the students, families, and educators in our community.

Taking Action

Throughout May, we will be sharing valuable resources and providing opportunities to learn from, and connect with, the amazing mental health professionals in our schools. Not only is it important to learn more about mental health, but also have the tools to take action in promoting mental well-being and supporting others!

Clickable Resources

- [Finding Mental Health Support in Massachusetts](#)
- [National Alliance on Mental Illness \(NAMI\) Family and Children Resources](#)
- [Massachusetts Department of Elementary and Secondary Education \(DESE\) Mental Health Resources for Educators and Families](#)
- [Connect to the 988 Suicide & Crisis Lifeline](#)
- [Learn and Engage: Boston Public Library Mental Health Resources](#)

LEARN MORE

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LEARN MORE

 [CBHMBoston.com](https://www.cbhmboston.com)

QR Codes to Resources

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