



# Mental Health Awareness Month

May is Mental Health Awareness Month! Raise awareness and educate yourself with a month full of activities and learning opportunities. Please join in!



## May 1-5: Culture Heals

Alaska Native Culture is a strength and has many traditional activities that can aid mental health.

**May 2: Opening Ceremony & Drumming**  
11:30 a.m. | Patient Housing to COB Rm 4

**May 2: Let's Talk About Alcohol Prevention**  
1-4:30 p.m. | APU | Atwood Hall

Register Online

Recover Alaska and ANTHC partner to host a community conversation about solutions to reduce and prevent excessive alcohol use and harms. Light refreshments provided. Register online at [bit.ly/alcohol-prevention-event](https://bit.ly/alcohol-prevention-event)

**May 3: safeTALK Training**  
8:15 a.m.-12:15 p.m. | Diplomacy | 335

Register Online

Over the course of this training, participants learn how to be a suicide-alert helper. Register online at [bit.ly/2HKExJf](https://bit.ly/2HKExJf)



## May 13-19: Bounce Back

Learn about the role of resilience in mental health promotion.

**May 14: Resilience Screening and Discussion**  
2:30-4:30 p.m. | APU | Brown Auditorium

Register Online

RESILIENCE chronicles the dawn of a movement determined to fight back against childhood trauma. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress, and the dark legacy of a childhood that no child would choose. Register online at [bit.ly/2HaqOMj](https://bit.ly/2HaqOMj)

**May 15: QPR Gatekeeper Suicide Prevention Instructor Training**  
9 a.m.-5 p.m. | SCF Nuka Wellness Center | Rm 130E

Register Online

This full-day training will equip you to become a trainer for the QPR Gatekeeper Suicide Prevention course. Upon completion of this class, you will be certified for three years. Register online at [bit.ly/2JYKL6O](https://bit.ly/2JYKL6O)

**May 16: Mental Health First Aid Training**  
8:30 a.m.-5 p.m. (1 hr lunch break) | COB | Rm 2

Register Online

Mental Health First Aid is a non-clinical, educational experience that gives you the information needed to help others in crisis. Register online at [bit.ly/2J7ozGg](https://bit.ly/2J7ozGg)

**May 16: "They Say When You're in a Hole, Stop Digging" Research Brown Bag**  
Noon-1 p.m. | COB | Rm 4

Chris Cavanaugh will discuss recovery from homelessness and substance misuse in Anchorage. Attend in person, online at [anthc.adobeconnect.com/researchbrown\\_bag](https://anthc.adobeconnect.com/researchbrown_bag) or by telephone: 1-800-832-0736/#1863744.



## May 6-12: Laugh, Relax & Learn

A week focusing on activities that involve humor, learning something new or relaxing.

**May 7: Unmasking Brain Injury**  
9-11 a.m. | COB | Rm1 | More info: 729-3943

This mask making event is open to individuals and families impacted by traumatic or acquired brain injury. It is intended to promote awareness of brain injury and to give survivors the opportunity to show others what it's like to live with a brain injury. Art supplies provided.

**May 12: Out of the Darkness Walk**  
10 a.m. | Delaney Park Strip | West End

Register Online

Join the ANTHC team as we walk together and raise awareness about suicide prevention. Register online at [bit.ly/2vubpkO](https://bit.ly/2vubpkO)



## May 20-26: Food & Mood

Learn about meals to reduce stress, and the importance of nutrition to maintain physical and mental health.

**May 20-26: Healthy Food Education**  
ANTHC Today Daily Email & iConnect

Watch for daily recipes and tips about how to use food to improve your mood!



## May 27-June 1: Honoring our Body, Mind & Spirit

Celebrating mental health awareness while honoring Veterans and military personnel during the week of Memorial Day.

**May 29: Mental Health Services and Resources in the Alaska VA Healthcare System**

1-2:30 p.m. | COB | Rm 1

Dr. Kim Madden, clinical psychologist and Courtney Dreher, LCSW will provide an overview of the mental health services and resources available at the AK VA Healthcare System.

**May 29/30: Blanket Activity**

8 a.m.-Noon/8 a.m.-5 p.m. | COB | Rm 1

Register Online

Historical and contemporary relationships between indigenous and non-indigenous people in Canada are shared in this experiential and facilitator training. Register online at [bit.ly/2FbzoEF](https://bit.ly/2FbzoEF) password: ANTHC2018

**May 31: Final Celebration**

11:30 a.m.-1:30 p.m. | COB | Rms 1,2 & Atrium

Celebrate Mental Health Awareness Month and Memorial Day by recognizing and celebrating our Alaska Native veterans and service members. The closing ceremony will feature the Alaska Native Color Guard, an address from Col. Wayne Don with the National Guard and traditional and contemporary Alaska Native and American Indian singing and dancing. Please bring a side dish to share at the potluck!



ALASKA NATIVE MEDICAL CENTER



Register Online

Find information and registration links on iConnect & [anthc.org/mentalhealthawareness](https://anthc.org/mentalhealthawareness)