Join the EACC in bringing awareness to and advocating for those who experience mental health challenges. During Mental Health Awareness Month in May, follow the EACC on Facebook and Instagram to participate in weekly events and for great information all month long.

MAY 11: WEAR GREEN FOR MENTAL HEALTH
Dress in green to raise awareness for mental health and post a picture on your social media using #UABawareandcare

MAY 16-20: SELF-CARE IS IMPORTANT!
We want to invite you to eat your lunch outside one day this week to get fresh air and sunshine. Post a picture using #UABawareandcare

MAY 23: PICTURE OF SERENITY
Post a picture of something in your office (or home office) that brings you serenity or happiness. Be sure to use #UABawareandcare

Wear your green ribbon all month long in support of Mental Health Awareness Month. Post a picture on your social media and tag the EACC and use #UABawareandcare