



Seeking Community Partners!

To help get the word out about



May is Mental Health Month is a good opportunity to share information on how to protect and support our own mental health and how to help and support others!

Will you help us?

In recognition of May is Mental Health Month 2019, North Country Community Mental Health (NCCMH) is looking for community agencies, organizations, and companies interested in hosting mental health awareness events of their choosing, with support from us if needed or wanted.

Events underway:

- **22nd Annual Splash of Color 5K Run/1 Mile Walk** – May 18 in Petoskey (This is a fundraiser for the NCCMH Client Special Needs Fund)
- **16th Annual Walk A Mile In My Shoes Mental Health Rally** – May 9 in Lansing for all counties in Michigan
- **Photovoice** art exhibition created by local people experiencing life in Northern Michigan with a disability
- Free **family-friendly movies** at local theaters with mental health experts on hand for discussion

Can you help add events to the list?

If you are doing something in the community and it is not listed, please let us know!

Antrim County	Charlevoix County	Cheboygan County
<ul style="list-style-type: none">• Free movie at Bellaire Theater on May 9	<ul style="list-style-type: none">• Photovoice exhibition and displays at Charlevoix Library all month• Free movie at Charlevoix Cinema, May 11, 11 am	<ul style="list-style-type: none">•
Emmet County	Kalkaska County	Otsego County
<ul style="list-style-type: none">• Splash of Color Run/Walk on May 19• Free movie at Petoskey Cinema on May 7		

All Counties

- 16th Annual **Walk a Mile in My Shoes Mental Health Rally** at the State Capitol in Lansing – May 9.
- **Day of Recovery Education** – May 29, sponsored by Northern Michigan Regional Entity, Gaylord Treetops
- Planning is underway to show **Coming Up For Air**, a Michigan-made documentary on how caregivers can help those in need and quickly access mental health services needed.

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