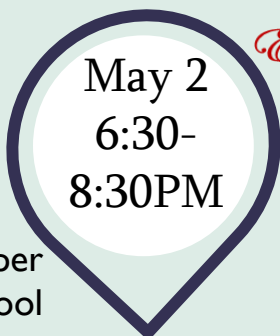


Join Montgomery Township in recognizing.....

# MAY is Mental Health Awareness Month

#breakthestigma



Event

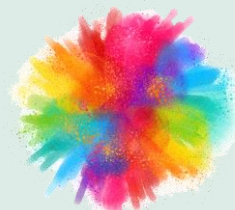
May 2  
6:30-  
8:30PM

## Screen Time & Stress



@Upper Middle School

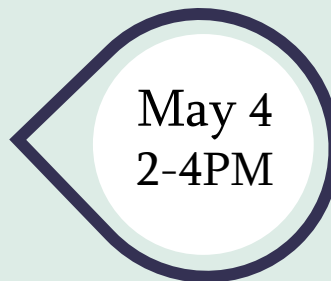
Understanding the Digital Impact on Children's Wellbeing



Event

## Spring Fling

Spring Celebration with your community



@High School

May 4  
2-4PM

# START

## Healthy Coping Skills Toolbox

Learn tips and tricks for building and utilizing your own coping skills toolbox



## Wear Green

"Go Green" in support of mental health



## Digital Pause Challenge

3-Step challenge aimed at understanding the impacts of screen use



Event

May 29  
4-7PM

## Constituent Health & Wellness Clinic

@Montgomery Municipal Bldg.

Learn about services within your community

# FINISH

**1 in 20**  
1 in 20 U.S. adults experience serious mental illness

**988** SUICIDE & CRISIS LIFELINE  
24/7 CALL, TEXT, CHAT

4/22/24

## Montgomery Township Health Department

MontgomeryNJ.gov/Health

908-359-8211



Public Health  
Prevent. Promote. Protect.