

MENTAL HEALTH MONTH  
**RANDOM ACTS OF KINDNESS  
CHALLENGE**

HOW CAN I HELP?

**Help Those In Need**

Volunteer to pack food for or at a local Food Bank like Second Harvest.

Donate clothes, socks, & toiletries to local homeless shelters

Drop off non-perishable food at local food pantries

**Help Veterans**

Donate an old cell phone or charger to vets to Cell Phones for Soldiers

Pets for Vets helps unite vets with their perfect fur match. See how you can help!

Send a letter to a veteran through Operation Gratitude

**Help Fight Loneliness**

Write or call your grandparents.

Write or call any person who is staying at home alone.

Contact your local nursing home for a penpal.

**Help Stop The Stigma**

Take the Cure Stigma Quiz

Share an inspiring image from NAMI to show your support.

Take The Pledge to Be Stigma Free