



YOUTH CREATING CHANGE



2024 Mental Health Matters Month Digital Toolkit

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Graphic	Caption
	<p>May 9th, 2024 is Children’s Mental Health Day – a great time to engage youth in activities around mental health. Youth Creating Change is hosting their annual Mental Health Spirit Day and all youth, schools and orgs are invited to participate! Show your mental health spirit and submit proof of participation by midnight on May 13th and you could win a pizza party!</p> <p>Learn more at DirectingChange.org/events</p> <p>#mentalhealthmonth #mentalhealthmatters Facebook: @DirectingChangeCA Instagram: @DirectingChange Twitter: @DirectChangeCA</p> <p>Download graphics</p>



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Conversations about mental health can be hard, especially for those who come from immigrant families. By continuing to share stories like those of the youth filmmakers of “Bloom,” we can make it easier for others going through similar struggles to talk about their experiences.

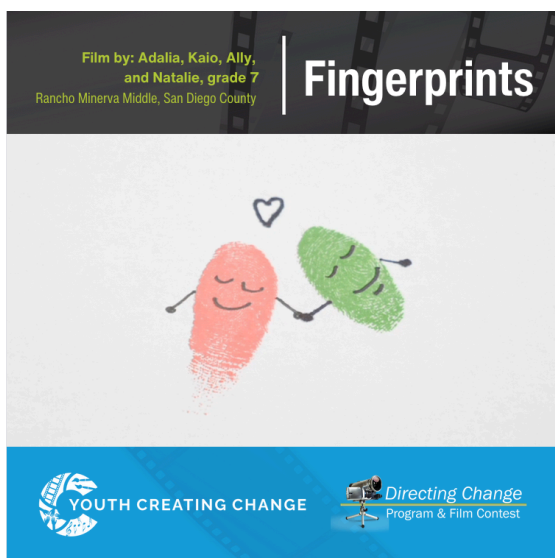
The youth who created this film shared, “Bloom’ analyzes the guilt of talking about your mental health struggles when trying to be grateful for the better life your family fought for.”

“Bloom” was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention.

Learn more at DirectingChange.org/events

Watch the film here: vimeo.com/919733913

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Sometimes we hide our emotions from others, but we all deserve the opportunity to talk openly about our mental health. Checking in with others shows that they can open up as well.

“Fingerprints” was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention.

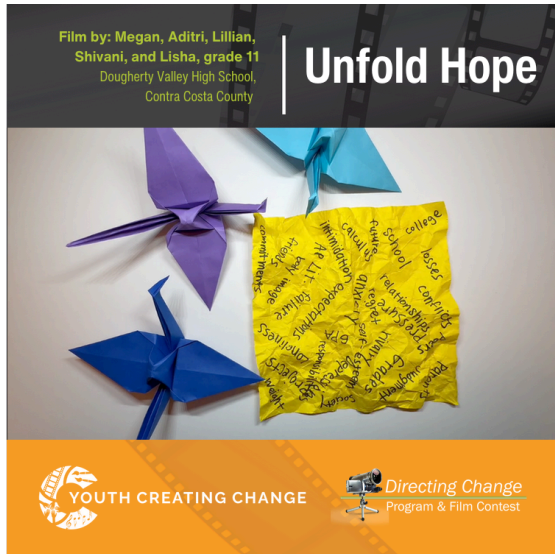
Learn more at DirectingChange.org/events

Watch the film here: vimeo.com/683588834

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Often, youth experiencing mental health challenges can feel alone in their struggles. By using resources and talking more openly about mental health, youth can find communities of other young people who they can relate to.

The youth who created “Unfold Hope” shared, “I learned that I don't need to hide what I am going through, that it's okay to talk about it, and also take time to take care of my mental health.”

“Unfold Hope” was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention.

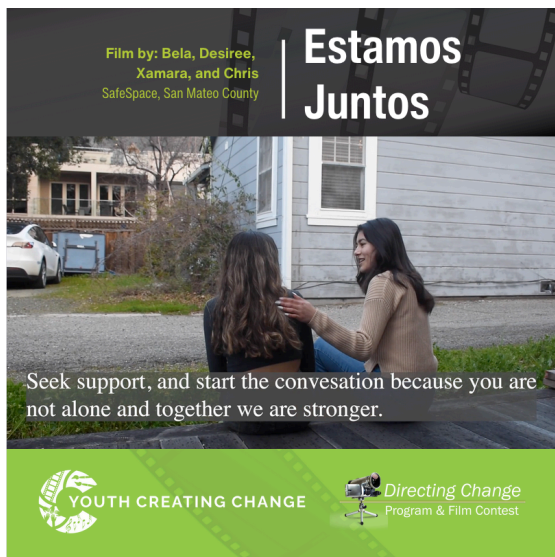
Learn more at DirectingChange.org/events

Watch the film here: vimeo.com/917319446

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The way we talk about mental health and seek help can be influenced by our culture. It's important to start conversations between different generations to reduce stigma and find support.

“Estamos Juntos” was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention.

Learn more at DirectingChange.org/events

Watch the film here: vimeo.com/803353784

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You're invited! Join Youth Creating Change on May 21st for the 12th Annual Directing Change Screening & Awards Ceremony. The red carpet event will celebrate youth from across California who created films about mental health and suicide prevention.

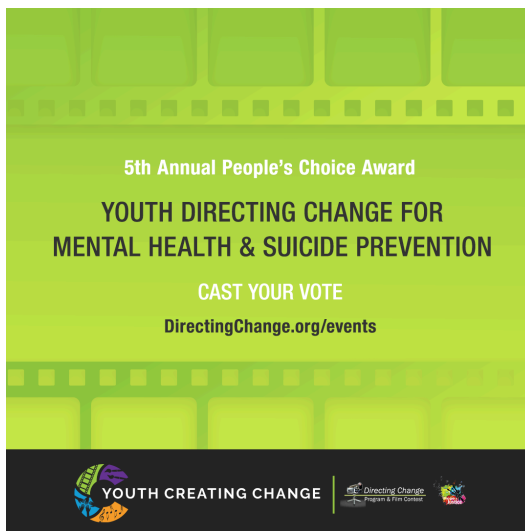
Reserve your free ticket:

2024directingchangeawardceremony.eventbrite.com

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Celebrate youth voices and creativity by voting for your favorite mental health and suicide prevention PSA created by youth across California as part of the 12th annual Directing Change Film Contest.

Vote at DirectingChange.org/events

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Youth Voices for Mental Health is a collection of art, short films, and narratives received by young people across California as part of the Hope & Justice Contest in partnership with the CalHOPE Schools Initiative. Funded as part of the Children and Youth Behavioral Health Initiative (CYBHI), The CalHOPE Schools Initiative offers no-cost resources for students and schools to support relationships, build resilience, and provide inspiration and support for students, educators and families.

View the exhibit here:

gallery.directingchange.org/virtual-art-exhibit



Mental Health Matters. You Matter.



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May is Mental Health Matters Month and a great time to take action for mental health. Check in with a friend and learn about mental health resources available in your community.

Learn about events celebrating young people's mental health at DirectingChange.org/events.

Looking for mental health support? Soluna is an app for teens that offers safe space to explore and manage your well-being through resources, forums, and more. It's free, easy to use, and confidential. Learn more at CalHope.org

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Tough times are part of life. Coping is how we draw on the inner strength and resilience that allows us to keep going, protecting us when we might feel like giving up. Remember: self-care helps us check-in with ourselves, recharge, and helps us be the best version of ourselves we can be! Your feelings matter!

Download a Mental Health Thrival Kit and learn about events celebrating young people's mental health at DirectingChange.org/events

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"Journal of Hope" was submitted to the Youth Creating Change Hope & Justice Art & Film Contest, which asks youth to express how they cope with tough times.

The youth who created "Journal of Hope" shared, "After journaling for a few years, I realized that it was a great way for people to get through difficult times and maintain good mental health. It helps in processing thoughts and identifying your problems. Oftentimes, letting your feelings out on paper can alleviate many of the burdens weighing down on you."

Download journaling prompts at DirectingChange.org/events

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In celebration of Mental Health Matters Month, May's Hope & Justice monthly prompt "Snap, Filter & Swipe" asks youth to think about the impact of social media on our mental health. Incorporate the lime green ribbon as a symbol for mental health awareness and take part in one of our special TikTok or Photo/Digital Art Challenges for a chance to win up to \$300 in prizes!

Visit DirectingChange.org/events to get started.

#DirectingChange #artcontest #mentalhealth
#MayisMentalHealthMattersMonth
#TikTokChallenge #PhotoContest
#MentalHealthMattersMonth #socialmedia #filter