



Mental Health Awareness Month

Did you know that 1 in 5 Americans will experience mental health issues this year and only 1/2 will receive treatment?

May is Mental Health Awareness Month which was created in 1949 to bring attention to mental health care conditions and help people find and get treatment without stigma or fear. The National Alliance on Mental Illness has tools to help those living with mental illness as well as those who love them find the right path to mental wellness.

This year's theme is **Take the Moment**. It is meant to encourage people to take moments for themselves to examine their mental health without shame or guilt.



World Hunger Day

World Hunger Day, observed globally on May 28, is a day for everyone to recognize and support the global food crisis affecting approximately 11 percent of the world's population. Founded originally by the Hunger Project in 2011, this is its 13th year of action. Check out The Hunger Project for ideas on how you can help fight hunger.



1 in 9 people do not have enough nutritious food to lead a healthy life.

<https://thp.org/>

Older Americans Month

Powered by Connection is the 2024 theme for Older Americans Month (OAM), which is celebrated each May. Being socially connected helps seniors age in place and helps prevent isolation and loneliness. The OAM website provides ideas for individuals and groups interested in helping seniors stay connected through relationships and opportunities for social interaction.

<https://acl.gov/oam/2024/oam-2024-activities-ideas>





Special Days in May

May 3 - AAPI Women's Equal Pay Day

May 4 - Anti-Bullying Day

May 5 - Cinco de Mayo

May 7- Childhood Depression Awareness Day

May 7 - National Barrier Awareness Day

May 9 - National Children's Mental Health Awareness Day

May 16 - Global Accessibility Awareness Day

May 17 - International Day Against Homophobia, Transphobia, and Biphobia

May 21 - World Day for Cultural Diversity for Dialogue and Development

May 29 - National Senior Health and Fitness Day

May is...

Asian American and Pacific Islander Heritage Month
Haitian Heritage Month
International Civility Awareness Month
Jewish American Heritage Month
Maternal Mental Health Awareness Month
National Anxiety Month
Older Americans Month

Want to Know More?

Rowan-Cabarrus Community College Diversity & Inclusion

<https://www.rccc.edu/diversity/>

Diversity & Inclusion Research Guide

<https://libguides.rccc.edu/diversity>

Mental Health Collection

<https://ebookcentral.proquest.com/lib/rowancabarrus>

It's Not a Burden: The Humor and Heartache of Raising Elderly Parents. (Kanopy, 1 hr. 26 min.)

<https://www.kanopy.com/en/rccc/video/11610251>

