



ARE YOU AWARE?

Join us this May for Mental Health Awareness Month

Let's Start the Conversation. Let's End the Stigma.

What is Mental Health Awareness Month?



A time to highlight the importance of mental well-being, promote open conversations, and support those impacted by mental health challenges.

Get Involved!



Light Up Green Campaign

Show your support by lighting up green! Businesses and organizations around the county will be lighting up green in May to spread awareness for mental health.



Angst Community Viewing

April 30 | 6:00 p.m.

Galaxy Theatres Tulare

This powerful short film on anxiety and mental health is *open to the public*.



Scan QR Code to Register!



Visit Our Partners

Local businesses are joining us in support! Look for mental health stickers on featured food and drinks and tag @ProjectAWARETCOE on Instagram to show your support.

Save the Dates!



Project AWARE and Community Events

- 4/26 - [Día de los Niños \(Visalia\)](#)
- 4/30 - [Angst Community Viewing](#)
- 5/2 - [CHOICES Lip Sync @ Fox Theatre](#)
- 5/7 - [Alta Vista Elementary Health Fair](#)
- 5/8 - [ACEs Training \(Virtual\)](#)
- 5/9 - [TCHSA Night @ Visalia Rawhide](#)
- 5/21 - [Earlimart Elementary Health Fair](#)
- [TCHSA Community Events](#)

Thank You to Our Amazing Partners

[City of Lindsay](#)

[Burton School District](#)

[Ducor Union School District](#)

[Kings River Union School District](#)

[Palo Verde Union School District](#)

[Three Rivers Union School District](#)

[Woodlake Fire Department](#)

[Dinuba Police Department](#)

[Porterville Police Department](#)

[The Human Bean \(Tulare\)](#)

[The Well Coffee Bar \(Tulare\)](#)

[The Little Boba Shop \(Visalia\)](#)

[Connect Coffee \(Visalia\)](#)

[Rush Bowls \(Visalia\)](#)

[Max's Cookies \(Visalia\)](#)

[The Source \(Visalia\)](#)

[Galaxy Theatres Tulare](#)

[The Space Yoga Studio \(Visalia\)](#)

[Arts Visalia Visual Art Center](#)



PROJECT AWARE
Advancing Wellness & Resiliency in Education

Tulare County
Office of Education

Tim A. Hire, County Superintendent of Schools

SAMHSA
Substance Abuse and Mental Health
Services Administration