


2025 Mental Health Awareness Month Digital Toolkit

**Each graphic is hyperlinked to a downloadable video file.*

| Copy | Graphic |
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| <p>This year's theme for #MentalHealthMonth is "Turn Awareness into Action."</p> <p>When life feels overwhelming, remember it can be as simple as doing #OneThing for yourself or a loved one.</p> <p>Find resources today for a #GoldenStateOfMindCA: bit.ly/CYBHMentalHealthMonth</p> |  <p>The graphic features a central collage of diverse people's faces. To the left is a map of California filled with smaller photos. Above the map is a teal scribbled circle. To the right is a large yellow circle with the text 'Turn Awareness into Action' in blue. Logos for CalHHS and CYBHI are in the top left and bottom left respectively. A teal banner at the bottom right contains the hashtag #MentalHealthAwarenessMonth. A circular logo with the Golden State of Mind CA hashtag is in the top right.</p> |
| <p>What is #OneThing you do to support your mental health?</p> <p>Even when life feels heavy, there are accessible strategies to help you manage stress.</p> <p>This #MentalHealthMonth, find resources & tools for a #GoldenStateOfMindCA: bit.ly/CYBHMentalHealthMonth</p> |  <p>The graphic features a circular photo of a man looking up towards the sky. Above the photo is a red scribbled circle. To the left is a teal scribbled circle. Below the photo is a large yellow circle. The text 'What is your #OneThing?' is prominently displayed in blue. Below it, smaller text reads 'Discover accessible strategies to manage stress.' Logos for CalHHS and CYBHI are in the top left and bottom left respectively. A teal banner at the bottom right contains the hashtag #MentalHealthAwarenessMonth. A circular logo with the Golden State of Mind CA hashtag is in the top right.</p> |

CA's Children and Youth Behavioral Health Initiative created new services + supports to help kids & families take care of their mental health: bit.ly/CYBHIMentalHealthMonth

Even if it's just #OneThing, carve out time for YOU today & every day.
#GoldenStateofMindCA #MentalHealthMonth



DYK? The #CYBHI has free mental health resources for California families:
bit.ly/CYBHIMentalHealthMonth

📱 Apps: Soluna + BrightLife Kids

🍵 Toolkits w/ Healing Strategies: Live Beyond
+ Take Space to Pause

💚 Suicide Prevention Tools: Never a Bother
#GoldenStateOfMindCA

