



MAY IS MENTAL HEALTH MATTERS MONTH

This May, Each Mind Matters: California's Mental Health Movement is supporting mental wellness through building resilience within our communities. Research shows that resilience is not a trait that people either have or do not have. It includes learned behaviors, thoughts and actions that can be developed in anyone.

This fence installation is meant to show Californians that we are not alone, and that resilience can be found and fostered by connecting with others around us. We encourage you to find **#StrengthInCommunity**.

Follow along and post your own photos using the hashtags **#EachMindMatters** and **#SanaMente**.