

Bolivar County Community Action Agency

Mental Health Awareness Month

“Promoting Resilience”

During these trying and stressful times, it is so important to understand that our psychological well-being impacts our minds, bodies, productivity, and relationships. May is recognized as Mental Health Awareness Month, and we want to promote awareness about mental health, fight the stigma associated with it, and provide some educational and fun activities to support you and your mental health.



***Bolivar County
Community Action Agency, Inc.***

is hosting its

***Annual Mental Health Awareness
Resource Fair***

*at the Central Office
in the Main Conference Room*

***Tuesday, May 24, 2022
@ 10:00am – 3:00pm***

*Different organizations/businesses will
share resources and information about
their services that focus on improving
mental health and wellness.*

Come and bring a friend!

Meditate.

Educate yourself
and others.

Exercise.

Get
counseling.

Rest & relax!

Visit: nami.org

Have fun!

Eat healthy.

Draw and/or
write in a journal.

Sleep well!



**WE ARE THINKING ABOUT YOU! WE ARE HERE TO SUPPORT YOU!
WE ARE IN THIS TOGETHER!**

Elnora F. Littleton, Executive Director • Karyn S. Christian, Ph. D., Behavioral Specialist
810 E. Sunflower Rd. Suite 120, Cleveland, MS 38732 • (662) 846-1491

