

May 2023 Actions

Choose one or more of the suggested actions to learn more about

MENTAL HEALTH AWARENESS MONTH, CINCO DE MAYO AND MEMORIAL DAY

Prepared for you by the



Access, Equity and Diversity (AED)
Committee

To get involved, make suggestions,
or ask a question, please contact
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Action # 1

Help raise Mental Health Awareness! Consider joining in or cheering on others at the [Stepping on Stigma 5K Run/Walk](#) or the [In This Together 5K](#).

Action #2

Take a moment to focus on you. This [fact sheet](#) gives a way to take a quick self-evaluation of your own mental health. If you need help, free, confidential support is available, call 988 if you are in immediate danger or 211 for other resources.

Action #3

Celebrate [Cinco De Mayo](#)! Take a road trip and visit the [National Museum of Mexican Art](#).

Action #4

Support a local owned Mexican restaurant or stay in and cook a [good meal](#). For entertainment, consider learning the [National Folk Dance of Mexico](#) “The Jarabe Tapatio” known internationally as the [Mexican Hat Dance](#) or try another quintessential dance, the [Salsa](#).

Action #5

During the month of May, visit a [military museum](#) in Indiana, volunteer to lay flowers or plant flags at your local Veteran cemetery, or show your support by cheering at a local parade!

Action #6

Consider planning a trip to view the [memorials](#) in, and around, Washington, DC. If you can't get away, consider viewing the memorials virtually. Here are links to a few: [Korean War Memorial](#), [World War I Memorial](#), and the [World War II Memorial](#).

