



Chalk It Up!

Purpose: To facilitate connectedness and strengthen community. To create a culture of kindness and acceptance toward supporting mental well-being and help seeking. To create a culture of care, support and help seeking in our community. To bring awareness to mental health during May, National Mental Health Month. To encourage having fun outside!

Supplies: Sidewalk chalk (any size, any color) *MAD HOPE has a very limited supply of chalk available if you need some!

Instructions: This can be done anywhere outdoors. It could be on school grounds (if approved by the school), on sidewalks in the community, in parks- anywhere! Encourage people to write messages of encouragement and support for mental health, or draw hopeful, cheerful pictures.

Take a picture of the messages and drawings and send them via e-mail to managermadhope@wfcn.org to be shared on Instagram, or post your pictures on your Instagram and tag MAD HOPE @madhopewhatcom . You can also use the hashtag #WhatcomChalk24

Examples of Compliments:

- May is Mental Health Month!
- Call or text 988 for support!
- You matter!
- Reach out for the support you deserve!
- You are doing a great job!

See second page for some photos of examples!

Go Further: Before taking a group out to “chalk it up”, have a discussion about National Mental Health Month and what mental health means to them. In the MAD HOPE trainings, we explain that mental health is our feelings, the stress we deal with, how we deal with that stress and with feelings, and reaching out for help when needed. We explain that mental health is just as important as physical health, and just as we wouldn’t hesitate to get help with physical health, we shouldn’t be ashamed or hesitate to reach out for support for mental health either. We can reach out for support from Trusted Adults in our lives, or by using the 988 National Suicide Prevention and Crisis Lifeline. 988 is available 24/7 everywhere in the USA. It is free, anonymous, and confidential. People can call or text the number, and a chat option is also offered on their website: 988lifeline.org. You can learn more about 988 at 988lifeline.org, and their Frequently Asked Questions page is especially helpful: 988lifeline.org/faq.



Examples:

