



## MAY IS MENTAL HEALTH MONTH

Para leer en español, [clic aquí](#).

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally. It's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness.

When we talk about health, we can't just focus on heart, liver or brain health – we need to pay attention to the health of the entire body, which includes your mind. You have to see the whole person, and make use of the tools and resources that benefit minds and bodies together. That's why this year, the May is Mental Health Month theme is **4Mind4Body**.

Since 1949, Mental Health America and affiliates across the country have led the observance of May as Mental Health Month by reaching millions of people through the media, local events and screenings.

California State PTA joins with Mental Health America and other organizations to join in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities.

Learn more at [www.capta.org/mental-health](http://www.capta.org/mental-health).

MAY IS 2  
MENTAL 0  
HEALTH 1  
MONTH 9

#4MIND4BODY

## STRATEGIES FOR SUCCESS AT CONVENTION

**There are only TWO DAYS left to register online for the largest parent-teacher event in the nation:** California State PTA's Annual Convention in Monterey from May 16 – 18! Thousands of PTA parent-volunteer advocates and leaders along with educators, administrators and community leaders will gather to address education, health and community issues affecting our state's kids and families, as well as:

- Thousands of other like-minded parents, educators and advocates working for children and families
- A wonderful display of artwork from the Reflections contest from students across the state
- Thrilling [special events and activities](#) for all, like the STEAM Extreme event on Friday
- Exciting [exhibitors](#) and allied agencies with ideas for school assemblies, fundraising and more – with free samples and prizes
- [Workshops and table talks](#) led by dynamic leaders that will strengthen your skills as a PTA member and leader
- Inspiring [keynote speakers](#) on hot topics in education

- New items to show off your PTA pride from the [PTA Store](#)
- And much more!

Be a part of the **#NextGenPTA** movement and register online by May 10 [www.capta.org/convention](http://www.capta.org/convention).



**REGISTER TODAY**

## TAKE ACTION

### Legislative and Health Conference Calls



Join leaders from across the state to hear the latest in both legislation and health each month.  
**LEARN MORE**

### Share Your Arts Story and Win



Share your story about the impact arts has had on your life and you could win a prize for your school!  
**SHARE YOUR STORY**

### Join the Arts Education Movement



We believe every student has the right to a dynamic, creative education that includes the arts.  
**JOIN THE MOVEMENT**

### Custom Items from the PTA Store



Have you seen what's new in the PTA Store? Check out the new gear, plus new custom items!  
**SHOP NOW**

*This email is being sent to all PTA members, as well as all California principals and superintendents.*

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