

Rotary Action Group: Mental Health Initiatives

Jun 28, 2024, 05:00 PM Hawaii

Please us this for our last meeting of this Rotary Year!

<https://us02web.zoom.us/j/83455269429?pwd=VFRiZzVobGZDNGlVaDJTRzJBM09RQT09>

Announcements:

Below is our International “Don’t Bottle It Up” campaign for reducing stigma about mental health



The 2024 O’ahu OOTD Community Walk will take place on **Saturday, September 14, 2024** at Skygate at the Frank F. Fasi Civic Grounds

The [Team Captain Toolkit](#) is designed to help you make your team fun and engaging. It’s easy to [register](#) and encourage others to join! If you have any questions, please feel free to reach out.

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How to get involved with October 10th World Mental Health Day 2024?

Participating in World Mental Health Day allows you to contribute to raising awareness and supporting mental health. Here are some meaningful ways to get involved:

1. **Start a Conversation:** Initiate conversations about mental health with friends, family, and colleagues to reduce stigma and provide a safe space for discussion.
2. **Attend Mental Health Workshops:** Seek out workshops, webinars, or events in your community that focus on mental health awareness and well-being.
3. **Share Resources:** Share mental health resources, articles, and helpline information on social media and with your network.
4. **Support Mental Health Organizations:** Consider donating to or volunteering with organizations dedicated to mental health advocacy and support.
5. **Practice Self-Care:** Take time for self-care activities that promote your own mental well-being, such as mindfulness, exercise, or journaling.
6. **Advocate for Mental Health:** Advocate for policies and funding that support mental health services and access to treatment.
7. **Join a Support Group:** If you or someone you know is dealing with mental health challenges, consider joining a support group for guidance and connection.

Walks for Mental Health on All Islands! Saturday, October 12th @ 9AM

To register for our NAMIWalks: visit our NAMI Hawaii webpage: namihawaii.org/walk

Use this video to promote this Statewide Mental Health Walk on your island from last year. NAMIWalks video [Here](#)