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**May is Mental Health Awareness Month: Tweet Calendar**

1. Men experience mental health their own way. When a man seems irritable or angry, let him know you care. Ask how he’s doing, and don’t take “I’m fine” for an answer. <http://letstalkco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
2. Telling you how he’s feeling may be the bravest thing a man has ever done. If he opens up to you, listen. Take a breath, slow down, and just listen. #MentalHealthAwarenessMonth #LetsTalkCO
3. We talk about our hearts, our stomachs and our eyes, why not our brains? Mental health is as important as our physical health. Start the conversation. <http://letstalkco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
4. Work stress, money troubles and family issues are the top three stressors men report. If a man you know is going through any of these issues, ask him how he’s doing. Then listen. Just listen. #MentalHealthAwarenessMonth #LetsTalkCO
5. It takes strength for a man to open up. If your brother, dad, husband or another man in your life tells you how he’s feeling, listen to him. Be there, be patient, and just listen. #LetsTalkCO #MentalHealthAwarenessMonth
6. Connect with others for better mental health. When you volunteer, your brain releases endorphins and you feel better. Pitch in and feel better. <https://projecthelping.org/> #MentalHealthAwarenessMonth #LetsTalkCO
7. What you eat affects all of your body and can have an impact on your mood: Eating with mental health in mind: <http://bit.ly/1inCkzN> #MentalHealthAwarenessMonth #LetsTalkCO
8. You don’t always have to have a heart-to-heart to stand shoulder-to-shoulder with a man who’s struggling. Hanging out helps. Talk to him, or just spend time with him. #MentalHealthAwarenessMonth #LetsTalkCO
9. Get active for a better brain. An hour of aerobic exercise or a combination of aerobic exercise and muscle-strengthening 3-5 days a week. <http://www.mentalhealthamerica.net/get-physically-active> #MentalHealthAwarenessMonth #LetsTalkCO
10. Help someone out. Ask how they’re doing and listen- really listen- when they tell you. You don’t have to fix it, just let them know they’re heard. <http://bit.ly/1gLE3JY> #MentalHealthAwarenessMonth #LetsTalkCO
11. Sleep is important. Research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shuteye. <https://www.sleephealthfoundation.org.au/more/sleep-blog/402-sleep-and-mental-health.html> #MentalHealthAwarenessMonth #LetsTalkCO
12. It takes **courage** to ask for help, and your bravery might help someone else seek the help they need too. <http://coloradocrisisservices.org/> <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
13. Spending time with a man you care about lets him know he matters, to you and to others, especially if he’s stressed, worried or scared. Be there for him. #MentalHealthAwarenessMonth #LetsTalkCO
14. Mental Health First Aid helps you help someone experiencing a mental health or substance use-related crisis. Learn more about Mental Health First Aid: <http://goo.gl/wUtVsQ> #MentalHealthAwarenessMonth #LetsTalkCO
15. Tips for talking: don’t ignore how someone feels, and don’t try to fix it. Just listen. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
16. Start the conversation about our mental health. We’re all in this together. Learn how here: <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
17. Watch a game, go to lunch, or just drop by. Spending time with a man in your life lets him know he matters, and it can make all the difference. <http://letstalkco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
18. What to say: “Thanks for opening up to me.” Mental Health America found that 71% of people surveyed turned to friends or family in times of stress. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
19. What to say: “Is there anything I can do to help?” And be specific. “Can I help you with the dishes?” “How about a ride to your appointment?” <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
20. It takes courage to admit you’re struggling. Talk to someone. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
21. Lift all the boats. Let’s talk about our mental health. When we get the help we need, our whole community thrives. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
22. Colorado Crisis Services is dedicated to getting folks help when they need it. Help starts here. <http://coloradocrisisservices.org/> #MentalHealthAwarenessMonth #LetsTalkCO
23. Be brave. Be open. Feel better. Let’s talk about our mental health. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
24. Mental health isn’t just in our head. Start the conversation. <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
25. Mental health is something we all experience, every day. You can find balance, and talking to someone is the first step: <http://letstalkco.org/> or <http://hablemosco.org/> #MentalHealthAwarenessMonth #LetsTalkCO
26. Over 6 million men report suffering from depression every year. A visit to Dr. Rich Mahogany: Therapy, the way men do it. <http://mantherapy.org/> #MentalHealthAwarenessMonth #LetsTalkCO
27. Many people don’t get help because they think they can’t afford it. There are affordable and free mental health resources available. Call 1-844-493-8255 or visit <http://coloradocrisisservices.org/> or text TALK to 38255 #MentalHealthAwarenessMonth #LetsTalkCO
28. “Manhood myths” may keep men from taking care of their mental health, and can lead to suicide, substance abuse or violence. Take the 20-point head inspection for men: <http://mantherapy.org/#/quiz> #MentalHealthAwarenessMonth #LetsTalkCO
29. You are not alone. You are not to blame. You can get help. <https://www.colorado.gov/pacific/cdphe/pregnancy-related-depression> #MentalHealthAwarenessMonth #LetsTalkCO
30. A child’s positive mental health and social-emotional development is supported by loving, stable relationships, and support from adults to help them develop critical social-emotional skills. http://goo.gl/oifOjW #MentalHealthAwarenessMonth #toxicstress #LetsTalkCO
31. Men — don’t go it alone. If you’re worried, angry, depressed or scared, talk to someone. Take a deep breath and get it off your chest. It could be the first step to feeling a whole lot better. #MentalHealthAwarenessMonth #LetsTalkCO