

# 7 DAYS OF EMBRACING HOPE



**May 4 – 10, 2025**

Join Mental Health America of South Central KS as we embrace hope to celebrate Mental Health Awareness Month.

This is not a fundraiser, nor does it require a lot of time....

**What:** a campaign to raise awareness of mental health.

**Where:** literally wherever you are

**Why:** improve you and your community's mental health

**When:** May 4-10, 2025

**How:** register before May 1, then focus on and execute the theme for each day

**Cost:** nothing other than a little bit of time

Register Today:

<https://forms.office.com/r/z0pdWnnUNb>

***7 days- 1 goal – Improving mental health***



By participating,  
You can spread mental  
wellness throughout the  
community

Once you register,  
Look for daily updates  
and reminders

Share your acts of  
Hope with the online  
world  
**#MHAembracinghope**

For more information:  
[hillary.zwetzig@Mhasck.org](mailto:hillary.zwetzig@Mhasck.org)

## Daily Themes:

Kindness  
Inspiration  
Respect  
Generosity  
Gratitude  
Connection  
Fitness