

Neighborhood Mental Health Awareness

Bee Kind
To Your Mind



www.BeeThe1ToHelpSomeone.com



A 2021 regional Mental Health First Aid zoom training.
TeamBee is over 50% of the class.

Here is why we need more Neighborhood Mental Health First Aiders

According to the data released, **as the number of cases of COVID-19 increases, so does the associated anxiety.** The mental health effects of COVID-19 are as essential to address as are the physical health effects. And for the **one in five** individuals who already have mental health conditions, **the one in two** who are at risk of developing mental health conditions, calls for personal, professional, and policy measures to be taken now. Join us as we continue our advocacy with policy makers on the national, state and neighborhood levels as we run for a culture of mental health awareness, care and recovery.

Your support of **BeeThe1ToHelpSomeone** in 2020 helped with scholarships for Mental Health First Aid certification classes. Scholarship recipients filled classes with over 50% of our registrations.

Thanks!

4th Annual Virtual 5K 10/18-28/21



Registration Is Open!

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Flex-Time - Do It Your Way!

*BuzzBy - Walk - Run - Jog - Treadmill - Bike - Babies In Strollers -
Skateboard Teams & Second Line*

Team Up With Friends & Family!

Register by 10/8 to have your T-shirt before 10/18

Your support raises awareness in your neighborhood, provides accessible resources, supports advocacy and help with scholarships to train more neighborhood Mental Health First Aiders.

Thank you for your support of 2021 5k #4

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