



**Big Brothers
Big Sisters®**
OF CENTRAL IOWA

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

May Prevention Toolkit

**BBBSIA is pleased to
announce another month of
service to the community
through prevention efforts
with the Improving
Tomorrow: Prevention
Focused Mentoring program.**

**We hope that this collection of
resources helps you to better
connect with your Little and
aids in the prevention of
substance misuse, problem
gambling & the development of
life-skills.**

Toolkit Highlights

**May is Mental Health
Awareness Month**

**Prevention and
Support Resources**

**May Match Activity: Self
Care**



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



Mental Health Month

May is Mental Health Awareness Month, a time to prioritize emotional well-being and encourage open conversations about mental health. Mental health is just as important as physical health, and taking small steps to care for our minds can make a big difference. Encourage discussions about coping strategies, stress management, and ways to support each other. Use the link below to explore mental health resources and tips:

<https://namiowa.org>



Mental Health Support, Education & Resources

NAMI Iowa offers no-cost mental health services. We help those with a mental illness, their families,...

 NAMI Iowa / Feb 24

PREVENTION AND SUPPORT RESOURCES

Your Life Iowa (YLI): For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit YourLifeIowa.org

Health and Wellness in Recovery: <https://americanaddictioncenters.org/rehab-guide/wellness-recovery>

Quitline Iowa: Take the first steps towards becoming tobacco free at quitlineiowa.org

National Suicide & Crisis Lifeline <https://www.samhsa.gov/find-help/988>

Self-Care Challenge

Self-care is an important part of maintaining mental and emotional health. This month, challenge yourself and your Little to complete a self-care activity each day. Use the checklist below to track your progress:

- ǒ Get outside for fresh air
- ǒ Try deep breathing or meditation
- ǒ Drink plenty of water Write down three things you're grateful for
- ǒ Take a break from social media
- ǒ Listen to your favorite music
- ǒ Get 8+ hours of sleep
- ǒ Do something creative (draw, write, build, etc.)
- ǒ Move your body – walk, dance, stretch
- ǒ Talk to someone you trust about how you're feeling

Encourage discussions about how self-care affects mood and energy levels. Small, consistent actions can make a big impact!

Let's continue making positive impacts together! For more prevention resources and mentorship tools, reach out to BBBSIA.