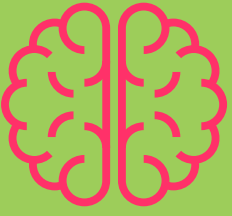


# MINERAL POINT MENTAL HEALTH MATTERS WEEK

May 3



**Mental Health Matters Monday**

- MPSD:**
- Lessons focused on mental health
- MP COMMUNITY:**
- Swag bags from Suicide Prevention Coalition of Iowa County handed out from 3:45 - 5:15 pm at:
    - Library Park
    - Point Foods
    - Hook's Cheese

May 4



**Self-Care Tuesday**

- MPSD:**
- Whole district yoga
- MP COMMUNITY:**
- Free Zumba on Zoom offered through High Barre

May 5



**Kindness Wednesday**

- MP COMMUNITY:**
- Pick up rocks at the Public Library to decorate with quotes and images of kindness

May 6



**Thoughtful Thursday**

- MPSD:**
- All students will be given a journal and have the opportunity for self-reflection
- MP COMMUNITY:**
- Pick up free "Thinking of You" cards at the Public Library and share with someone who could use a pick up

May 7



**Stigma Reduction Friday**

- MPSD & COMMUNITY:**
- Wear your Mental Health Matters or Suicide Prevention shirt to break down stigma surrounding suicide and mental health

**MPSD FAMILIES:**

- Enjoy a nature scavenger hunt at Governor Dodge State Park (sponsored by Upland Hills Health) on Saturday, May 1 or Sunday, May 2

**T-SHIRT ORDER:**

- Order your Mental Health Matters shirt, designed by MPHS Senior Rylee Calvert, by 4/19. Link: <https://mineralpointmentalhealth21.itemorder.com/sale>

