

NAMI DUPAGE YOUTH SERVICES



MAY 2026 NEWSLETTER

Did you know...

May is mental health awareness month! This important month focuses on increasing awareness and providing education and advocacy for those who struggle with their mental health. NAMI National's theme this year is to speak out against stigma and share stories that foster connection and relatability so that others feel less alone. Additional ways to participate in MHAM include using the hashtag #MHAM2026 on social media and engaging in your own self-care.



A Good Day

Take a moment and ask yourself, "What does a good day feel like to me?"

"Good" does not necessarily mean happy or busy. It can mean calm, comfortable, or manageable. You can focus on setting positive intentions and being patient with yourself and others.

You might try moving a little more slowly and using mindfulness moments between tasks. This can look like counting to 60 while you brush your teeth or taking 3 very long breaths before starting something new.

Not every day will be a "good" day, and that is ok. We all struggle sometimes, and it helps to understand that good stuff can show up in many different ways.



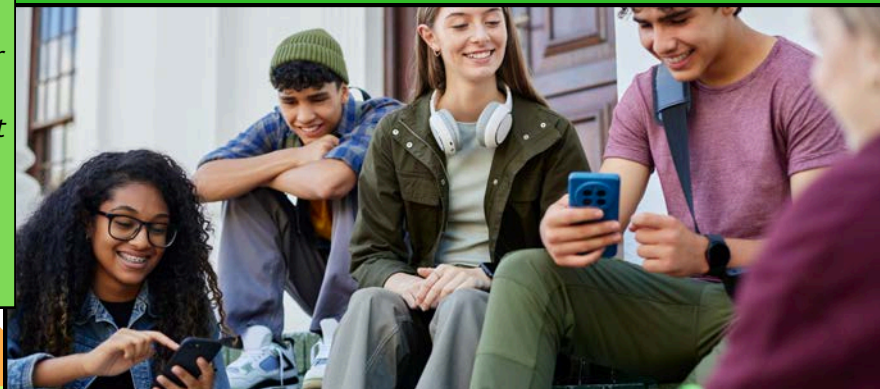
Mental Health Awareness Month Activities

1. Use Post-its to start a gratitude/affirmation wall
2. Start a social media campaign with uplifting messages of support using *#mentalhealthmatters* or *#youarenotalone*
3. Plan a movie night addressing mental health themes
4. Create a mental health music playlist and share it amongst friends, and ask them to share theirs
5. Play mental health trivia to check knowledge and educate others
6. Play self-care bingo for at least one week
7. Hold an art exhibition
8. Have a poetry contest

Managing Uncertainty

Uncertainties can cause stress and anxiety, especially during life transitions. Here are a few ideas to help manage the unknown:

- *Regulate your emotions, and ground yourself, be alert instead of reactive*
- *Get unstuck and move your body, sing, meditate, or take a cold shower*
- *Protect your energy and your time by noticing what is fueling or draining you*
- *Validate your experience and identify emotions. "It makes sense that I am feeling ___ given that ___."*



MENTAL HEALTHIEST



NO fee
required

Teen Connections

In-person group for 8th–12th grade students
every 2nd & 4th Thursday night from 7–8:30 pm

Confidential & safe space
Snacks provided

FOR MORE INFORMATION CONTACT:

Director of Youth Services
Leigh Nelson
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open &
affirming

 **NAMI DuPage**
National Alliance on Mental Illness

 117 N County Farm Rd., Wheaton, IL



NAMI Teen and Young Adult HelpLine

Information, Resources, Support
Monday-Friday, 9 a.m. – 9 p.m.

Call: 800-950-NAMI (6264)

Text: “Friend” to 62640

Webchat: nami.org/help

Email: helpline@nami.org

JOSHUA BASSETT

Chicagoland, IL
May 7 | 7.00pm
Wentz Concert Hall
Hosted by Anderson's Bookshop



**THURSDAY, MAY 7th - Mark your
calendars! Hosted by:
Anderson's Bookshop**

**Come see Joshua Bassett at Wentz
Concert Hall!**

Joshua is an actor, singer, and
songwriter famous for his role as
Ricky Bowen in High School Musical.
He is a NAMI Ambassador and on a
book tour. \$1.00 for each pre-order of
his memoir goes to NAMI National.

“A love letter to the rookie in all of
us: Singer-actor Joshua Bassett's
fearless memoir in verse about
surviving the darkest moments of
fame, addiction, and mental health
struggles—and finding hope on the
other side.”

