

Join with **NAMI** @ **RBHS** & Celebrate Mental Health!

Monday
May 10th

Wear black to show your support.
"Turn out the lights on stigma."



Tuesday
May 11th

Wear some gear from your favorite sports
"Exercise is important for your Mental Health."



Wednesday
May 12th

Wear Tie Dye.
"Don't let your mind tie you down."



Thursday
May 13th

Wear green, support Awareness, and end Stigma.
"Green Out,"



Friday
May 14th

Dress up in your best cowboy gear (or just boots).
"Give stigma the boot."



"Mental Health is Health!"
Spirit Week in May!