



Livingston County
Mental Health Awareness

May is Mental Health Awareness Month

This special month of recognition raises awareness about mental illness, its prevalence in today's society, and its impacts on people of all ages and backgrounds.



Please join us in supporting Mental Health Month 2026!
Local mental health awareness events include:

May 2

**No Minds Left Behind
5K Run/Walk**

Race Start: **10AM**
Lakeland Trail

Registration required.

May 4

**Question, Persuade Refer
(QPR) Suicide Prevention
Training**

1PM-2:15PM
Microsoft Teams

Call 734-712-5728 to register.

May 7

VA SAVE Training

10AM - 11AM
Microsoft Teams

Call 734-222-7472 to register

FREE Movie
"LUCA"

Doors open: 5PM
Movie: 6PM
Historic Howell Theater

Thank you to our
sponsor:



**T-Shirt
Fundraiser**



T-shirts, crewnecks
and sweatshirts
available!



Help us raise
awareness about
mental illness in our
community by
supporting
our t-shirt fundraiser!
**Order yours by
May 31, 2026.**

May 12

**Livingston County
Community Mental Health
Town Hall**

5:30PM - 7PM
*Livingston Educational
Service Agency*

May 15

Youth Art Voice

6PM - 7:30PM
Howell Opera House

May 16

**Resource Awareness
Days**

10AM-2PM
Hidden Springs Church

May 18

**Mental Health First Aid
Training**

9AM-5PM
*Community Mental Health
(2280 E. Grand River)*

*Email
mhfallivingston@cmhliv.org to
register*

CEUs available

May 27

**Mental Health
Student Panel**

*Hear from students
representing multiple
districts on how adults can
support them.*

1:30PM-3:00PM
*Livingston Educational
Service Agency*

May 28

**MAYson Jar
Craft Event**

1PM - 3PM
*Community Mental Health
(2280 E. Grand River.)*

Call 517 -546-4126 to register

Support Groups

Teen Grief and Loss Support Group

Mondays from 4PM-5:30PM
The Connection Youth Services

Call 866-440-7233 to register

**NAMI Livingston Parents Together
Support Group**

2nd Thursday of the month (7-8PM)
First United Methodist Church or Zoom

Registration required.



Scan the QR code
for event and
registration
details!