

Governor's Proclamation; Lighting of State Buildings and Landmarks

Thursday, May 1 | All Day

Governor Kathy Hochul issues a proclamation on Mental Health Awareness Month in New York State and directs state landmarks and buildings to be illuminated in green. Green, which represents renewal and vitality, is the color used to designate mental health awareness. Additionally, OMH Commissioner Dr. Ann Sullivan issued a video statement encouraging all New Yorkers to support mental health awareness, be open to talking about mental health, and break the associated stigma.

[View Dr. Sullivan's Message](#)

[View Governor Hochul's Proclamation](#)

Activity

NAMI Walks Finger Lakes

Saturday, May 3 | 3 p.m.

This community walk at Stewart Park in Ithaca is aimed at raising awareness and supporting mental health initiatives.

[Register](#)

Event

What's Great in Our State Celebration of Children's Mental Health

Tuesday, May 6 | 9 a.m.

This Children's Mental Health Awareness Event in Albany features an honoree recognition ceremony celebrating individuals, schools, and organizations that are making a difference. Now in its 16th year, the event will feature a keynote address by author Dr. Ross Greene, workshops, an art exhibit, and vendor tables. Pre-registration is required.

[Register](#)

Webinar

Supporting Mental Health & Wellness for Youth through Play

Wednesday, May 6 | 12 p.m.

Join the Mental Health Association of New York State on Children's Mental Health Day to learn how mental health can be strengthened by different approaches to play, including dramatic/imaginative play, physical/locomotor play, and explorative play.

[Register](#)

Event

Community Engagement Session

Wednesday, May 7 | 6 p.m.

In partnership with the North Country and Tug Hill Directors of Community Services, the Office of Mental Health is hosting an in-person Community Engagement Session. The session is open to all community members, and all ages are welcome to attend. We especially want to hear from people who receive or have received mental health services, and people who have wanted to get services but haven't.

[Register](#)

Event

Community Engagement Session

Thursday, May 8 | 9 a.m.

In partnership with the North Country and Tug Hill Directors of Community Services, the Office of Mental Health is hosting an in-person Community Engagement Session. The session is open to all community members, and all ages are welcome to attend. We especially want to hear from people who receive or have received mental health services, and people who have wanted to get services but haven't.

[Register](#)

Activity

7th Annual Children's Mental Health Virtual Symposium

Thursday, May 8 | 12 p.m.

Hosted by the New York City Children's Center, this symposium brings together experts in the field to help raise awareness, erase stigma and educate about diagnosis, treatment, prevention, access to services and community resources.

[Register](#)

Event

Outreach Day Brooklyn

Thursday, May 8 | 12 p.m.

Hosted by the New York City Children's Center at its Brooklyn campus, this free event includes informative vendors and engaging activities focused on children's mental health. This in-person event aims to raise awareness and provide resources that support the mental well-being of community youth and their families.

Location: 1819 Bergen Street Brooklyn, NY 11233

Event

Outreach Day Queens

Friday, May 9 | 12 p.m.

Hosted by the New York City Children's Center at its Queens campus, this free event includes informative vendors and engaging activities focused on children's mental health. This in-person event aims to raise awareness and provide resources that support the mental well-being of community youth and their families.

Location: 74-03 Commonwealth Boulevard Queens, NY 11426.

Webinar

Mental Health and Acceptance of the Aging Body

Friday, May 16 | 9 a.m.

Join the Mental Health Association of New York State to explore the challenges of aging, and insights on fostering self-acceptance and resilience. Whether you're a young adult navigating the early stages of aging, a mental health advocate, or someone interested in the emotional side of aging, this session will explore how to face this stage of life with strength and optimism, empowering participants to transform their mindset around aging and mental health.

[Register](#)

Activity

NAMI WALKS Westchester

Saturday, May 17 | 8 a.m.

This community walk at Ridge Road Park in Hartsdale is aimed at raising awareness and supporting mental health initiatives.

[Register](#)

Activity

NAMI WALKS New York City

Sunday, May 18 | 11 a.m.

Join thousands of others at the Seaport's Pier 16 and Pier 17 for a walk to raise awareness and funds for mental health programs.

[Register](#)

Activity

Hike for Hope – Cody's Climb

Sunday, May 18 | 11 a.m.

The American Foundation for Suicide Prevention will host a mental health awareness and suicide prevention hike at the Double H Ranch in Lake Luzerne. Enjoy community resource tables, honor beads, and raffles prior to step-off and stick around afterward for the picnic under the pavilion.

[Register](#)

Event

Sound Mind Music Festival for Mental Health

Sunday, May 18 | 6 p.m.

This festival in Brooklyn brings together artists and forward-thinking organizations to create community, foster dialogue, and catalyze social change for mental health during a crucial time. Proceeds from the event support the Sound Mind Center, a music and wellness facility dedicated to crafting transformative experiences through music and sound.

[Tickets](#)

Activity

Living Museum Exhibition in Albany

Monday, May 19 | All Week

The Empire State Plaza concourse will host a two-week exhibit of the patient artwork from the Living Museum, a dedicated art studio located at the Creedmoor Psychiatric Center campus in Queens. This free, open-to-the-public exhibit will feature work from 14 artists, demonstrating that recovery is possible for individuals living with mental illness.

Location: South Concourse, 100 S Mall Arterial, Albany, NY 12242

Webinar

Let's Talk Resilience

Wednesday, May 21 | 12 p.m.

Join the Mental Health Association of New York State for a discussion on how resiliency is a critical component to navigating mental health issues and advancing recovery. This informative and inspiring discussion will empower attendees by providing them with tools to strengthen their resiliency and take on challenges.

[Register](#)

Webinar

Mental Health First Aid

Thursday, May 22 | 9 a.m.

Become certified in Mental Health First Aide. You'll learn the 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take this course through the Mental Health Association of New York State — first responders, students, teachers, leaders of faith communities, human resources professionals and others.

[Register](#)

Webinar

Community as the Heart of Healing

Tuesday, May 27 | 12 p.m.

The prolonged uncertainty throughout the last several years has influenced the health and wellbeing of all New Yorkers, especially our youth. This Mental Health Association of New York State presentation will introduce the elements of equity-centered trauma informed practice for guiding community conversations to foster collective healing.

[Register](#)

Activity

Tri-City Valley Cats Host 'Mental Health Awareness Night'

Tuesday, May 27 | 6:30 p.m.

The Frontier League of Professional Baseball's Tri-City Valley Cats will host the Down East Bird Dawgs during OMH's third annual 'Mental Health Awareness Night' at Joe Bruno Stadium in Troy.

[Tickets](#)

Webinar

Mental Health First Aid

Thursday, May 29 | 9 a.m.

Become certified in Mental Health First Aide. You'll learn the 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take this course through the Mental Health Association of New York State — first responders, students, teachers, leaders of faith communities, human resources professionals and others.

[Register](#)