

# May is Mental Health Awareness and Trauma-Informed Care Month in Palm Beach County

Trauma, no matter when it occurs, affects individuals over their lifetime and can strike at the heart of a community. Birth to 22: United For Brighter Futures, in partnership with the Becoming a Trauma Sensitive Community Action Team, is working to address current mental health concerns and statistics through its countywide *Get Your Green On* campaign.

The sixth annual Get Your Green On campaign aims to foster safe spaces to talk openly about mental health and trauma, and to raise awareness by encouraging individuals to display their visible support by wearing green, the official color of mental health awareness, on May 20, 2021.

To launch the awareness month, a virtual kickoff event hosted by the Children's Services Council of Palm Beach County will be held on April 30. RSVP on Eventbrite: <https://pbcgygo2021.eventbrite.com>, and the Palm Beach County Board of County Commissioners will issue a proclamation on May 1 declaring the month Mental Health Awareness and Trauma Informed Care Month.

"Trauma happens to everyone, but repeated trauma, especially in childhood has lasting health effects. Awareness of the effects of trauma and building resilience is the focus of the Get Your Green On campaign," said Tammy K. Fields, Palm Beach County Youth Services Department director. "Join us by wearing green throughout the month of May."

To get involved with the Get Your Green On campaign, wear green on May 20 and post pictures on social media using the hashtags #GetYourGreenOn and #GYGO2021. For more information, resources, and a GYGO engagement toolkit, visit [www.getyourgreenon.org](http://www.getyourgreenon.org)