



#SILENCE

THE SHAME TN

**HIC HENRY COUNTY
MIC MEDICAL CENTER**

May is Mental Health Awareness Month, and Henry County Medical Center along with multiple partners have some great events planned to get you educated and ready to take action to become a happier, more confident you.

For more details, visit our social media platforms, our website at www.hcmc-tn.org, or call our Find Line at (731) 644-3463.

Special Events

Friday, May 7

Older Adult Mental Health Awareness Day

Join us at your choice of TWO locations, Lakeway IGA or Kroger from 8 A.M. - 12 Noon for giveaways and more.

Monday, May 10

Luminary Ceremony of Honor and Remembrance

Join us at HCMC at 6:30 p.m. to honor those we treated at HCMC as well as those who passed away from COVID-19.

Friday, May 14

Wear Green to Show Support

We invite you, your friends, or even your workplace to share a picture on social media wearing green to support mental health awareness tagging #SilencetheShameTN. Also, join us for a proclamation signing at 9 a.m. at Eiffel Tower Park.

Thursday, May 20

Yoga & Coffee in the Park

Come unwind during lunch with free yoga from Brittany Kalas and a free latte from Sweet Jordan's. Grab a goodie bag and learn how to find peace during your day. Eiffel Tower Park at 12 Noon.

Friday, May 21

"Stress Less" Facebook Live

Join us at 12 Noon as Ali Miller, Psychiatric Nurse Practitioner with Lake Haven Behavioral Center, provides tips on how to deal with stress as part of our "You are the One in 2021" Seminar Series.

Weekly Events

Every Tuesday in May

#Tune In Tuesday

Check out our social media platforms and website for the newest video in our "Silence the Shame" video series to hear inspiring stories from fellow community members. and learn about valuable resources in our community.

Every Wednesday in May

#Wellness Wednesdays

Check out our social media platforms to enter for a prize pack for a lucky winner each week.

Every Thursday in May

#TikTok Thursdays

Every Thursday we will feature a new TikTok video from our local youth featuring a mental health theme.

Be sure to SHARE all our great videos and content on your social media platforms, using the hashtag

#SilencetheShameTN. We will have new posts daily. Together, we can make a difference in the way we view mental health.