

SUDBURY HEALTH DEPARTMENT

MAY IS MENTAL HEALTH AWARENESS MONTH



Celebrate Mental Health Awareness Month With Us!

May is Mental Health Awareness Month — a time to shine a light on the importance of mental well-being and to remind ourselves that mental health is just as vital as physical health.

The Sudbury Health Department invites you to join us throughout the month for a series of uplifting events and activities focused on education, connection, and self-care. Whether you're looking to learn more or simply take a moment for your own wellness, there's something for everyone.

Check Out Sudbury Health Department Event Offerings in the Month of May!

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Thursday, 6:00pm to 7:30pm (Virtual Only)

Wellness from Within: Harvesting Gut Health for Mental Balance

Discover the powerful link between gut health and mental well-being with Dr. Anastasia Galanopoulos on Thursday, May 1, 2025, at 6:00 p.m. Learn how small changes in diet, stress, and relationships can support lifelong mental wellness for individuals and families.

Sign-up Required: [Link to sign up: https://www.signupgenius.com](https://www.signupgenius.com)

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Tuesday, 6:00pm to 7:30pm (In Person at the Goodnow Library)

Best Practices for Supporting Youth and Adults Around Mental Health and Suicide Prevention

This informational talk is presented by Samaritans who have provided lifesaving suicide prevention services in Massachusetts for the past 50 years.

Wellness from Within: Harvesting Gut Health for Mental Balance

[More Information HERE](#)



Best Practices for Supporting Youth and Adults Around Mental Health

[More Information HERE](#)



Let's come together to support one another and break the stigma — because mental health matters, and so do you.

