



## Welcome to April 2026

### Be Aware of your Mental Health

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## Stress Awareness Month

### Stress Awareness

Stress Awareness Month serves as a vital initiative to highlight the detrimental effects of chronic stress while actively working to dismantle the stigma surrounding mental health discussions.

With over 77% of Americans reporting physical symptoms like headaches, fatigue, and muscle tension, alongside emotional challenges such as anxiety and irritability, The month emphasizes the necessity of proactive management.

Experts advocate for a holistic approach to coping, incorporating regular exercise to boost endorphins, prioritizing self-care through sleep and nutrition, and fostering emotional balance through mindfulness and meditation.

Furthermore, connecting with a support network of friends or professionals is crucial for long-term resilience. By committing to an action plan of small, daily adjustments over 30 days, individuals can transform these

### Sexual Assault Awareness

April is **Sexual Assault Awareness Month (SAAM)**, and in 2026, the movement celebrates a milestone with the theme "**25 Years Stronger: Looking Back, Moving Forward.**"

This campaign honors over two decades of survivor advocacy while focusing on future prevention and healing efforts. Partnering with organizations like **On the Wings of Angels**, a nonprofit dedicated to empowering survivors of domestic and physical abuse amplifies this mission by providing immediate, tangible resources to those escaping toxic environments.

Together, these initiatives work to reduce the stigma of speaking out, offer safe spaces for recovery, and provide vital community support.

By uniting awareness with direct action, the collaboration encourages individuals to take proactive steps such as wearing teal or participating in local fundraisers to foster a culture of safety, respect, and lasting change for all survivors.

stress-reduction techniques into lasting habits that prioritize overall well-being.

Watch the clip below:

<https://www.fox2detroit.com/video/mc-o7v2f0n8r30scx2k>

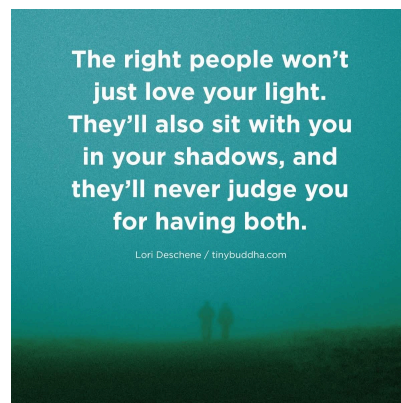
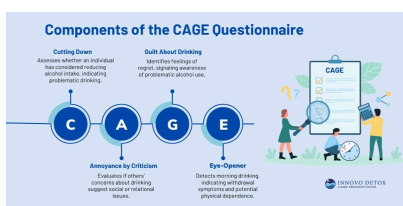
## National Alcohol Screening Day

National Alcohol Screening Day, held annually during the first full week of April, serves as a cornerstone of Alcohol Awareness Month by providing the public with education and free, confidential resources to evaluate drinking habits.

By utilizing validated assessment tools like the AUDIT or CAGE questionnaires, the initiative offers individuals a safe, anonymous way to identify risky behaviors such as binge drinking or potential dependency.

These screenings are widely accessible through community organizations, military installations, and colleges, ensuring that participants can evaluate their health without fear of stigma.

Ultimately, the day acts as a proactive catalyst for recovery, bridging the gap between self-assessment and professional support by connecting those in need with vital counseling and treatment resources.



**Make a donation to our Wish List**

## April Community Focus

**Let's Connect in April !** Throughout the year, we love hitting the road to visit local events and meet our neighbors face-to-face. Our goal is to spread the word about building healthy boundaries and fostering the meaningful connections that support mental health for all ages. If you see us out in the community, please stop by and say hi—we'd love to meet you and hear your story!

- Dakota High Wellness Fair 4-28-2026
- Oakland Community Schools 4-24-26

If you'd like to support our mission in a more hands-on way, please consider browsing our **Amazon Wish List**, which features the specific items we need most to keep our operations running smoothly. We understand that a direct financial contribution isn't always feasible, and we truly value every form of generosity; to that end, we also gratefully accept gift cards for Amazon, local grocery stores, Uber, and other essential services. These contributions provide us with the flexibility to meet urgent needs as they arise, ensuring that every bit of your support goes exactly where it's needed

- Macomb County Business Awards 4-26-26
- On the Wings of Angels Gala 4-25-26

most. Contact our office see how you can help.

Tickets now on sale with our partners **Team Continue** and **Just B**. Fundraising events for suicide prevention for youths and teens. Money raised provides counseling services for our clients.

## Key April Mental Health Observances (2026):

- Sexual Assault Awareness and Prevention Month
- Alcohol Awareness Month
- Autism Month
- Alcohol Screening Day (Apr. 10)
- Volunteer Week (Apr. 20-26)



**Reduce Stigma by normalizing the conversation and equating mental care with physical care.**

**You can be the difference.** If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

Connect with us!



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