

Local Mental Health Helplines

Suicide and Crisis Lifeline

9-8-8 (or chat 988lifeline.org)

Maine Helpline (NAMI)

1-800-464-5767 (Press 1)

Maine Intentional Peer Support Warmline (Sweetser)

7-1-1 Maine Relay
1-866-771-9276

Maine Crisis Line

1-888-568-1112
Call or text

Crisis Text Line

Text HOME to 741-741

Trevor Project

Text START to 678-678
Serving LGBTQ+ youth and young adults

Maine Teen Line (NAMI)

Text FREIND to 62640 (or chat
namimaine.org/teentextline)

Veterans Crisis Line

Dial 9-8-8 (Press 1) Text 838255
(or chat veteranscrisisline.net)

Thank you to our Community Partners



York Public Library

15 Long Sands Rd
York, ME 03909
info@yorkpubliclibrary.org
yorkpubliclibrary.org
207-363-2818

Embracing Wellness: A Community Collaboration



May 2025
Mental Health Awareness Month



A Community Collaboration

Embracing Wellness: A Community Collaboration is offered in partnership with York Public Library and the Rotary Club of York, Maine with the following organizations: York Hospital's Choose to Be Healthy and Youth Resiliency Coalitions; Cornerstone VNA; NAMI; York Recreation Department; York Center for Active Living; Sweetser; York School Department, YCSA, White Pine Programs, and the Center for Grieving Children.



For more information about the series and partners involved, visit yorkpubliclibrary.org/embracing-wellness or scan this QR code.

Schedule of Events



All events take place at York Public Library unless otherwise indicated. For complete event details, visit yorkpubliclibrary.org.

Mental Health First Aid for Adults

Thu & Fri, May 1 & 2 | 12:00-4:00 PM

YCSA: How Our Programs and Services Can Support Your Mental Health Needs

Mon, May 5 | 10:00 AM-12:00 PM

Qigong with Anja Schneider

Mon, May 5 | 5:30-6:30 PM

Community Read Discussion: A Man Called Ove (Rotary)

Wed, May 7 | 7:00-8:00 PM
at *St. Aspinquid Masonic Lodge*

York Community Wellness Fair

Sat, May 10 | 10:00-2:00 PM

Community Read Discussion: A Man Called Ove (York Public Library)

Wed, May 14 | 11:00-12:00 PM

Living Well with Anxiety

Thu, May 15 | 10:00-11:00 AM

Film Screening: A Man Called Otto

Sat, May 17 | 2:00-4:00 PM

Community Read Discussion: A Man Called Ove (Center for Active Living)

Mon, May 19 | 10:00-11:00 AM
at *Center for Active Living*

Promoting Wellness from Substance Use: Prevention Through Recovery

Wed, May 21 | 6:30-7:30 PM

Restful Nights: A Mindfulness-Based Sleep Workshop

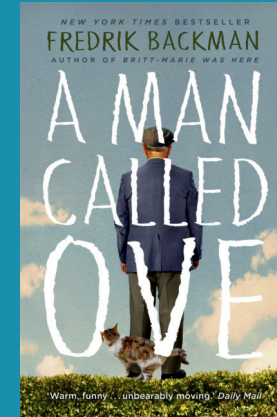
Wed, May 28 | 6:30-7:30 PM

Youth Mental Health First Aid

Thu, May 29 | 9:00-3:00 PM

Sound Bath with Ankati Day

Fri, May 30 | 6:00-7:00 PM



JOIN THE DISCUSSION

Featured Event: Community Read

A MAN CALLED OVE by FREDRIK BACKMAN

Provided with support from the York, Maine Rotary Club. Reserve a copy online or call 207-363-2818 for more information.

Events for Children and Young Adults



All Month Long:

Wellness-themed "Trail Tale"
by the *Library Pond*

Teen Mental Wellness Kits
in the *Teen Space*

Baby and Toddler Storytime

Fri, May 2, 9, & 16 | 10:30 AM

Preschool Storytime

Tue, May 6 & 13 | 10:30 AM

Developing Nature-Based Strategies for Emotional Regulation: A Workshop for Kids & Their Caregivers

Sat, May 10 | 1:00-2:00 PM

Canine Cuddles

Sat, May 17 | 10:30 AM