

RESOURCES AND INFORMATION

**AFSP: American Foundation
for Suicide Prevention**
afsp.org

**NAMI: National Alliance on
Mental Health**
nami.org

**SAMHSA: Substance Abuse
and Mental Health Services
Administration**
samhsa.gov

**CDC: Centers for Disease
Control**
cdc.gov/mental-health

THE WELLNESS ALLIANCE:
nationalwellness.org

Suicide and Crisis Lifeline
call 988

Raising Awareness
Breaking Stigma
Increasing Access



Working Together
in our clubs and
community to
increase
Connection,
Communication,
Cohesion.

Rotary is a global network of more than 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

ROTARY.ORG

Committee Chair
Rudy Hayek, LMFT
rudyhayek@gmail.com
Rotary Club of Glendora, CA
district5300.org/mental-health-2



**ROTARY
CHAMPIONS
MENTAL HEALTH
& WELLBEING**



Rotary
District 5300



Mental Health & Wellbeing

ROTARY DISTRICT 5300'S MENTAL HEALTH CALL TO ACTION

Since 2023, and during the 2025 fire disaster relief efforts in Los Angeles, the *District 5300 Mental Health & Wellbeing* Committee has been working on developing support, education, and opportunities for our clubs, Rotarians, their families, and communities to make mental health awareness a priority.

This initiative encourages all of us to do more within our clubs—improving relationships, being mindful of how we communicate with one another, getting to know each other better, and collaborating while having more fun.

Regularly connecting and checking in with one another can be key to helping those who are reluctant to speak up. Your District 5300 leadership is committed to working with all Rotarians in our diverse district to help you and your club feel heard, seen, appreciated, and supported.



Mental Health & Wellbeing

WHAT CLUBS CAN DO NOW

1. Hold regular Craft Talks

How well do you know your members? This is a wonderful way to showcase individual Rotarians and learn more about their life experiences, family history, vocation, hobbies and interests, and why they became Rotarians.

2. Try experiential activities

Incorporate getting-to-know-you and icebreaker activities during meetings. Fines and Recognitions is a wonderful icebreaker and a great way to infuse fun, giving Rotarians a chance to share and celebrate events in their lives while raising a little money for various causes.

3. Hold regular Fireside Chats

Engage and socialize. These are quarterly gatherings, usually held at someone's home, that provide opportunities for fellowship and relationship-building while introducing various Rotary-related topics and areas of focus to enhance team-building and inspire creativity.



4. Outreach and Recognition

The #1 reason people leave organizations is that they do not feel they will be missed. Consider confidential and non-intrusive ways to check in with members who have been absent or disengaged. Both during and outside of meetings, create opportunities to recognize your Rotarians and their family members for any personal and professional milestones and accomplishments. Think about awarding a Paul Harris Fellow, or a multiple PHF designation.

5. Special Speakers and Programs

Invite mental health experts, educators, and professionals to speak at your Rotary meetings. Not only will they be excellent resources and community partners, but they could be potential members. You may want to also invite them to volunteer at your events and in your projects.

6. Appoint a Club Liaison

This individual will serve as your point person to communicate with the District 5300 Mental Health & Wellbeing Committee for support and suggestions. They can also help share your club's activities, programs, and events that focus on mental health with the rest of the district.

