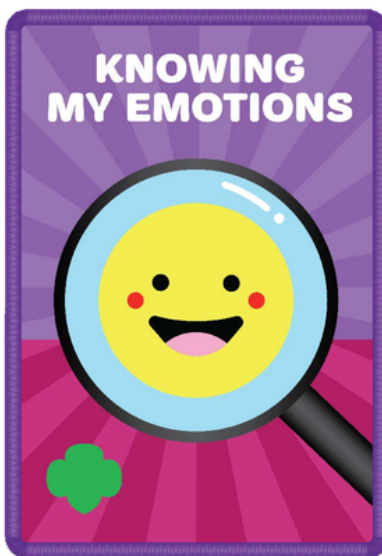


May Patch of the Month

Mental Health Awareness





About Patch of the Month

Looking for some additional fun activities for your troop or just to do on your own? Each month, girls can discover, connect, and Take Action in a specific subject area. Hands-on activities are available for all Girl Scout levels and can be done at meetings, as a pre-meeting activity, or as an at-home project.

Patch of the Month programs provide Girl Scouts an opportunity to enjoy a variety of activities while earning a fun patch. Patch programs are available to Girl Scouts of all grade levels. Completing patch programs can help complete a Journey and may satisfy requirements for certain badges. It's not necessary to complete the patch programs in the months specified—they can be completed at any time! All fun patches are placed on the back of the vest or sash.

Patch of the Month Evaluation

Once you have completed the program activities, please be sure to fill out the [Patch of the Month Evaluation](#).

How to Order Patches

Use the GSK Shop Order Form by clicking [here](#) to purchase your patch for \$2.00 each!

Girl Scouts Mental Wellness Patch Program

Take care of YOU – you got this.

Becoming a Girl Scout means tapping into a supportive group of people who uplift you every step of the way. When it comes to caring for your mental wellness, the new Girl Scouts Mental Wellness patch program reminds you that you're never alone in facing challenges and further invites you to dive into and understand your emotions. You can do this by participating in activities, such as making art or writing poetry, that foster resilience and help you to better understand your world. No matter the season, never doubt your ability to rise up, and remember—you got this.

The Mental Wellness patch program was made possible by the HCA Healthcare Foundation and developed in collaboration with the National Alliance on Mental Illness (NAMI).

Explore the program and activities for girls in grades 4–12.

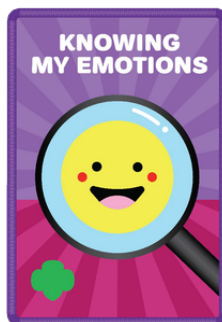
Junior Girl Scouts
Finding My Voice

[Leader Guide](#)



Cadette Girl Scouts
Knowing My Emotions

[Leader Guide](#)



Senior & Ambassador
Girl Scouts
Finding My Voice

[Leader Guide](#)

