



**MENTAL HEALTH AWARENESS
AND WELLBEING**



**Break the Stigma, Ignite Hope
Mental Health Matters**

SCFCL Project in Common Reporting Forms

Date _____ Name _____ County _____

Email _____ Phone Number _____ Total Volunteer Hours _____

Lessons that you Read/Participated http://www.scfcl.com/2026-education-lessons	# of Hours
SCFCL Lesson "Everyday Ways to Handle and Relieve Stress"	
SCFCL Lesson "Mental Health Awareness"	
SCFCL Lesson "Rethink Positive Mental Acuity"	

Information that you Read or Share https://www.nvon.org/mental-health-awareness	# of Hours
"Creating A Healthier Life A Step-By-Step Guide To Wellness"	
"Mapping the Mental Health of Our Communities: Explore the Data. Create Change"	
"Supporting A Loved One Dealing With Mental and/or Substance Use Disorders"	
"Wellness Wheel Assessment"	

Additional Educational Material or Attended any Lectures/Seminars/Class	# of Hours

Other: (Describe other volunteer efforts and # of Hours)

Photos: Email Project photos to Dale Morrow to address below. (Please label people in photo with event.)

County President or Project representative send a copy of this form to:

Dale Morrow, SCFCL Project in Common Chair,

sirjohn@comporium.net 803-568-2919

152 Theo Jumper Rd, Swansea S.C. 29160

Deadline: October 1, 2026