



ACTION

*2024-25
Recap!*

EVENT COUNT HIGHLIGHTS!

1 School Outreach: 195
Elementary School Events, Middle
School Tutoring, Edgewood, OHS.

2 Community Outreach: 77
5k Races, Soup Kitchen, CADL,
Eco-Friendliness Clean-Ups, etc.

3 Elderly Outreach: 26
Brookdale Performances, Meridian
Senior Center Crafts, etc.



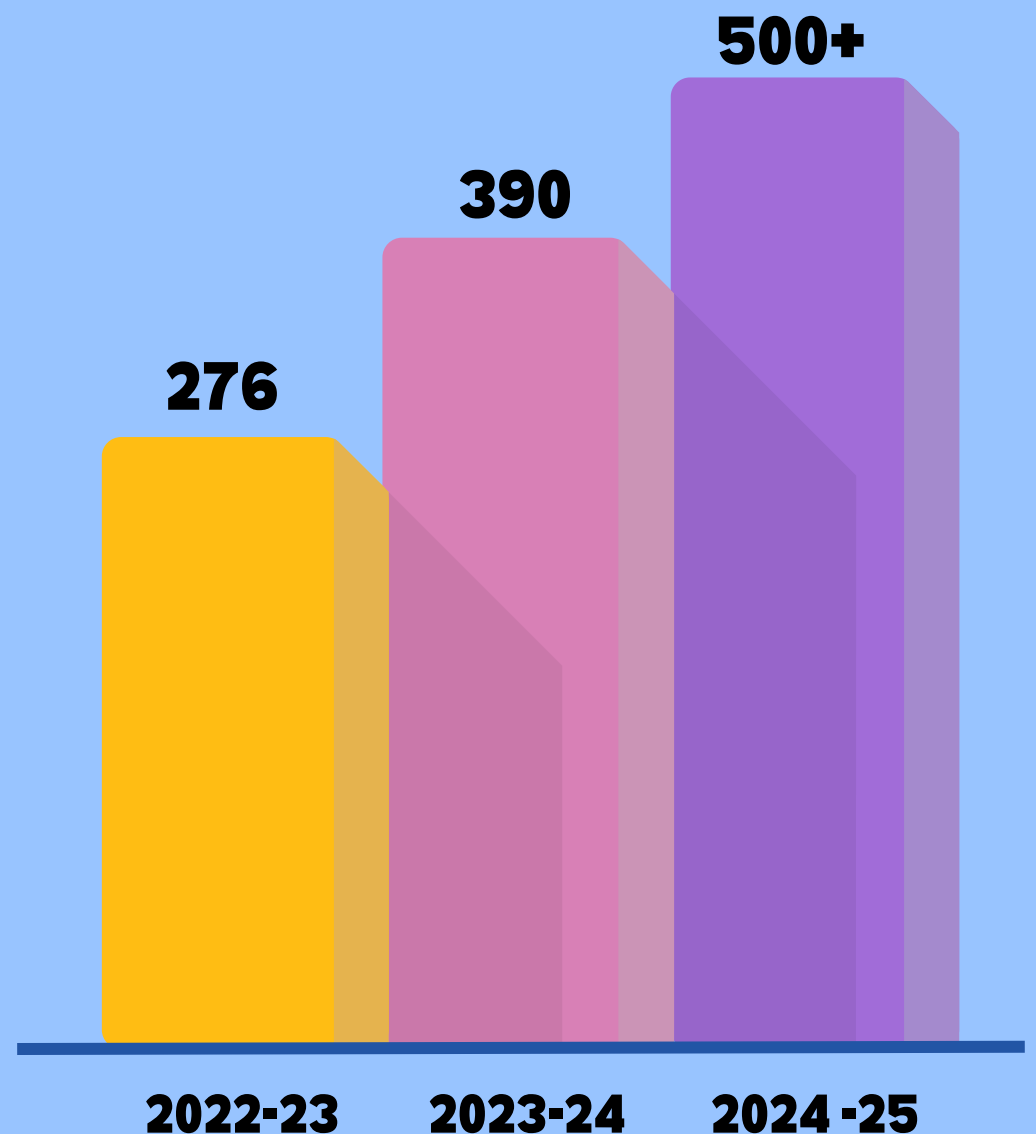
GRAND TOTAL: 300+ EVENTS!

EVENT HIGHLIGHTS!

Where we volunteer:

- Bennett Woods
- Hiawatha
- Central
- Edgewood
- Cornell
- Kinawa
- Chippewa
- OHS
- Brookdale
- Meridian Senior Center
- Greater Lansing Food Bank
- St. Lutheran Soup Kitchen
- 5Ks/Playmakers Foundation
- Community Eco-Friendliness
- CADL
- Meridian Township Parks and Rec
- Farmer's Market
- Leadership Seminars
- Staff Spotlights

MEMBER COUNT HIGHLIGHTS!



FROM **276** MEMBERS IN 2022, WE NOW HAVE **500+** AND GROWING!





#SOCKOUTSUICIDE

FRIDAY,
MAY 16, 2025



OHS ACTION's annual #SockOutSuicide campaign raises awareness and starts important discussions about suicide prevention and mental health. On May 16, Meridian Township community members are encouraged to wear fun, brightly colored socks and join OHS ACTION in taking the #SockOutSuicide pledge:

NEED COLORFUL SOCKS?

#SockOutSuicide partner Playmakers will hold a special sock sale in advance of May 16. Playmakers will also hold a Fun Run 5K on May 15 at 6:00 pm to raise awareness for suicide prevention. No registration necessary.

BY PARTICIPATING IN #SOCKOUTSUICIDE, I PLEDGE TO:

- Seek help or call 988 if I am having self-harming thoughts.
- Encourage others to seek help from a professional if they are struggling.
- Call 988 or 911 if I think someone is in danger of self-harm.

EVENT PARTNERS:





**BY PARTICIPATING IN
#SOCKOUTSUICIDE, I PLEDGE TO:**

- **Seek help or call 988 if I am having self-harming thoughts.**
- **Encourage others to seek help from a professional if they are struggling.**
- **Call 988 or 911 if I think someone is in danger of self-harm**

**Please remember: you matter.
The world IS better with you in it.**

#SockOutSuicide



MENTAL HEALTH ROCKS

wear your **COLORFUL** socks!



FRIDAY MAY 16, 2025

WHY COLORFUL SOCKS?

Wearing **colorful** socks is a reminder that everyone's feelings matter. When we express who we truly are, we stand out! Our mental health is just as important as our physical health.



WHAT YOU CAN DO:

Pick your socks

Find and sport your brightest socks! All colors, patterns and designs are welcome!

Talk to your friends

Find time to talk to your friends about what makes you happy and proud.



Find the helpers

We all need adult support, too. Think about who you trust when you feel sad, mad or upset.

Spread kindness

You never know what someone is going through. A smile, wave, or a "hello" can go a long way!

