



Train the Brain 2020 Fact Sheet

About the Campaign

Train the Brain is a community health campaign annually presented by [Palm Health Foundation](#) in the month of October. The campaign kicks off on October 1st and ends on the 31st. The goal of *Train the Brain* is to help Palm Beach County residents understand that **taking care of the brain is just as important as taking care of the body.**

With information and resources provided, participants are encouraged to make changes in their thinking about mental health conditions and adopt brain health habits that integrate self-care behaviors into their daily routines.

Train the Brain 2020: Resilience & Self-Care in the Face of Adversity

This year's campaign theme responds to the challenging times we find ourselves in. So far, 2020 has been a year filled with uncertainty and unexpected hardship. Many of us are experiencing stress and anxiety like never before. According to a recent study presented by the CDC, social isolation due to social distancing measures, financial struggle and racial discrimination are furthering a suicide crisis – [“Nearly 11% of American adults seriously considered suicide this June, according to CDC data.”](#)

Palm Health Foundation is using the *Train the Brain* campaign to shine a spotlight on the free, **virtual** brain health workshops, support groups and learning opportunities (offered by our partners and grantees) that are designed to help our community cope during this time.

Train the Brain's Call-to-Action

Visit [www.TraintheBrainPBC.org](#) to view a calendar of **FREE virtual** opportunities offered throughout the month of October.

Palm Health Foundation's Neighbors Helping Neighbors Fund

Our lives have all been disrupted by the COVID-19 pandemic, but some of us are struggling much more than others in this “new normal.” Palm Health Foundation has established [The Neighbors Helping Neighbors Fund](#) to put small grants directly in the hands of Palm Beach County residents so they can recover, rebuild and plan for the future. Visit [www.PalmHealthFoundation.org](#) to give to the fund.