MAY IS
MENTAL HEALTH
Awareness

May is Mental Health Awareness Month. This is a time to share the importance of mental health and wellness, and to celebrate recovery from mental illness.

If you are concerned about your mental health or about someone you know, **call, chat, or text 988**. This 24 hour a day, 7 day a week lifeline provides free and confidential support in English, Spanish and to people who are deaf and hard of hearing.

Go to **FindSupport.gov** for issues with mental health, drugs, or alcohol. The website provides information (in Spanish and English) on finding health care or support, how to cope, learn about treatment and how to pay for treatment, how to help someone, and how to get help now.

Whether we share resources, encourage others to seek help, or simply are there for someone when they need us, we instill hope and can help others to reach out when they need to most.

This month, talk with your loved ones. Talking about mental health promotes acceptance and encourages people to seek help.