



MAY IS NATIONAL
MENTAL HEALTH
AWARENESS MONTH

Mental Health Month gives all of us a valuable opportunity to celebrate the tremendous strides this Nation has made in promoting mental health and increasing the public's knowledge that effective services and support are available.

What is Mental Health Awareness Month?

- Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.
- Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness.
- Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Mindfulness in May



Walking



Dancing



Something Creative



Gardening

Can you commit to trying one a day?



Exercise



Practice Gratitude



Deep Breathing



Do a Puzzle