

# MENTAL HEALTH AWARENESS MONTH



#break the stigma



MAY IS MENTAL HEALTH AWARENESS MONTH

SHARE YOUR STORY & CHANGE THE NARRATIVE

May is Mental Health Awareness Month and it's important to treat the health of your mind as you would your body. **One in four adults in the United States has a mental health condition** and there is nothing to be ashamed about having a mental health disorder. Life can be complicated, uncertain, and stressful; and struggling with a mental health issue alone can make it seem unbearable, but it doesn't have to be. The more we talk about mental health conditions and treatments, the less taboo the subject is. For a long time millions of people suffered in silence, but it's time to break the stigma of mental health disorders and start living in the solution



Ask for help today if you are struggling with a mental health disorder. What you are going through does not make you weak or a bad person, it just means you have a health condition and it can be treated.