



## Mental Health Awareness Month - May 2024

Mental Health Awareness Month is an initiative dedicated to fostering understanding, reducing stigma, and promoting awareness about mental health and well-being. Originating in 1949, this month-long campaign aims to engage communities in open conversations about mental health, emphasizing the importance of mental well-being as a fundamental aspect of overall health. Mental Health Awareness Month encourages individuals to share their experiences, seek support, and access resources for mental health care. It serves as a reminder that mental health is an integral part of everyone's life, deserving attention, compassion, and a collective effort to create a society that prioritizes mental well-being.

### HOW CAN WE CELEBRATE?

- Check in on your **friends and family**
- **Practice mindfulness** activities such as yoga and meditation
- Educate yourself on different mental health topics at [www.nimh.nih.gov](http://www.nimh.nih.gov)
- Visit [www.samhsa.gov](http://www.samhsa.gov) for resources, tools, and national hotlines



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