



# Check in on your emotional well-being this Mental Health Awareness Month

## May is Mental Health Awareness Month.

It's a great time to check in with yourself. Are you struggling with an issue, problem or feeling:

- Stressed
- Anxious
- Depressed

If so, you don't have to figure it all out on your own. We're here to help 24/7.

Give us a call for in-the-moment support, resources and more. Be sure to check in on you!

There's always been a focus on keeping our bodies healthy. Now we're recognizing our mental health is just as important. According to the National Alliance on Mental Illness, millions of people in the U.S. are affected by mental illness each year.