



# MAY IS MENTAL HEALTH AWARENESS MONTH

## SENDING LOVE TO THOSE WHO...

STRUGGLE  
WITH A MENTAL  
ILLNESSES

FEEL  
MISUNDERSTOOD  
BY SOCIETY

FEEL ALONE  
IN THEIR  
STRUGGLES

HAVE SUFFERED  
WITH SUCIDAL  
THOUGHTS

LOST A LOVED  
FROM MENTAL  
ILLNESS OR  
SUBSTANCE  
ABUSE

ARE TRYING  
TO HEAL.



One in five adults experience mental illness each year. You are not alone. Millions of people are impacted by mental health each year.