



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

May is
Mental Health
Awareness
Month

Visit hiprc.org/mham
for mental health resources



Mental Health vs. Mental Illness

Although these terms are often used interchangeably, **they are not the same.**

A person can experience a poor mental health condition without being diagnosed with a mental illness. Likewise, a person who is diagnosed with a mental illness can still experience well-being.

Source: Centers for Disease Control and Prevention (CDC)

Look Around, Look Within

Take a moment to reflect on your
connections at **home**, in your **community**
& out in **nature**.

There are many factors that come into play
when managing our mental health—places
where we live, work, play & congregate
each have a powerful influence.

Source: Mental Health America (MHA)

Be a Lifeline

Follow these Five Easy Steps
when someone you love is in crisis:

#1 // ASK

#2 // BE THERE

#3 // KEEP THEM SAFE

#4 // HELP THEM CONNECT

#5 // FOLLOW UP

Source: 988 Suicide & Crisis Lifeline

CALL, TEXT or CHAT 9-8-8