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