

MISSION CITY COMMUNITY NETWORK, INC.

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IN MAY, WE RECOGNIZE MENTAL HEALTH AWARENESS MONTH

There is hope.

Talk with us.

Share your thoughts.

Mental health is a vital aspect of our overall health and well-being. Just like we take care of our physical health by exercising and eating a balanced diet, we need to improve our mental health by practicing self-care, seeking professional help, and promoting healthy coping mechanisms.

Mental health issues can affect anyone, regardless of age, gender, race, or social status. They are not a sign of weakness or a personal failing. Instead, they are an illness just like any other and deserve to be treated with the same respect and care.

Mental illness is still stigmatized in many societies, making it difficult for people to speak openly about their struggles or seek the help they need. Mental Health Awareness Month is so important. By speaking out and sharing our stories, we can help break down the stigma surrounding mental illness and encourage more people to seek help.

WE'RE HERE FOR YOU

PLEASE CALL 818-895-3100