



MONTHLY NEWSLETTER

MAY 2026

Timely Happenings

“Feelings are much like waves, we can't stop them from coming but we can choose which ones to surf”
— Jonatan Mårtensson

Mental Health Awareness Month

May is Mental Health Awareness Month—a time to recognize the importance of emotional well-being and reduce the stigma surrounding mental health.

Just like physical health, caring for your mental health is essential to living a balanced and fulfilling life. Small steps, such as prioritizing rest, setting boundaries, and reaching out for support, can make a meaningful difference.

Our office is here to support you every step of the way.



A Heartfelt Thank You

NEO thanks our clients for taking the time to review and sign our updated financial policy agreement. Your cooperation helps us maintain clear communication and ensures a smooth, transparent billing process for everyone. We appreciate your understanding and continued trust in our practice.

Free Local Events

Car Cruise Fridays
May 15th, 22nd, 29th, 5pm
Downtown Painesville

Memorial Day Ceremony
May 25th, 10am
Mentor Municipal Cemetary.

Coping Skills in May

- Touch Grass – barefoot, 2 mins
- Porch Pause – sit, do nothing
- Plant the Worry – set it aside
- Bloom Thought – “I’m growing, not stuck”
- Light Shoulders – physically relax them

Upcoming Days

- Mental Health Awareness Month
- National Trauma Awareness Month
- National Anxiety Month
- Cinco de Mayo (May 5)
- Mothers Day (May 10)
- Memorial Day (May 25)

Client Reminders

- For scheduling needs, please contact the office directly. Clinical concerns should be discussed during sessions unless otherwise arranged.
- Consistent attendance supports progress. We encourage keeping regular appointments whenever possible.

Contact Info

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