

# MENTAL HEALTH AWARENESS MONTH

**You Are Not Alone  
Your Mind Matters**



## Why It Matters

Mental health is just as important as physical health. Millions of people face challenges every day—but help, hope, and healing are always possible.

## Let's Talk About It

Normalize conversations about mental health  
Support friends, family, and coworkers  
Encourage seeking help without shame

## Ways to Participate:

- Wear green to show support
- Check in on someone you care about
- Practice self-care and mindfulness
- Attend local events or workshops

## You Deserve Support

If you or someone you know is struggling, reach out. Talking to someone can make a difference.

## Need Help Now?

Call or text 988 (Suicide & Crisis Lifeline)  
Available 24/7, free & confidential

## Youth and Mental Health

- Suicide is the 2<sup>nd</sup> leading cause of death among people ages 10-14 and among people ages 15-24 in the U.S.
- 29% of U.S. high school students experienced poor mental health in the past 30 days
- 53% of U.S. LGBTQ+ high school students experienced poor mental health in the past 30 days

Together, We Can Make a Difference

Join us this month as we raise awareness, break stigma, and support mental well-being for everyone in our community.

Silence sounds like...

**NO ONE WOULD UNDERSTAND.**

**I'M FINE.**

**I DON'T WANT TO BE A BURDEN.**

Community sounds like...

**YOU ARE NOT ALONE.**



#MHAM2026

#MentalHealthAwareness #EndTheStigma #YouAreNotAlone



**USA HEALTH**  
**CENTER FOR  
HEALTHY COMMUNITIES**

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