# May Is Mental Health Awareness Month



1 in 5 adults experience mental illness each year.



Promote self-care: exercise, sleep, healthy diet.



Support others; listen without judgment.



Stigma prevents many from seeking help.



Talk about feelings; it's okaynot to be okay.



Together, we can break the stigma!

## **Mental Health Tips This Month Open Now**

**Patrick Vollmar** 

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