



# MAY 2025

## Mental Health Awareness Month

Mental illnesses are some of the most common health conditions in the country. In fact, the National Alliance on Mental Illness reports that 1 in 5 adults live with a mental illness. Mental health can change over time due to various factors like stress and work-life balance. While there are more than 200 types of mental health disorders, the most common ones are anxiety disorders and major depression. Mental health conditions can look different for everyone.

May is Mental Health Awareness Month, so check in on yourself and others. Americans can call or text 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles.

Contact us for additional mental health resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><a href="#">American Stroke Month</a> <a href="#">Arthritis Awareness Month</a> <a href="#">Food Allergy Action Month</a> <a href="#">Healthy Vision Month</a></div><div><a href="#">Hepatitis Awareness Month</a> <a href="#">Mental Health Awareness Month</a> <a href="#">National Asthma and Allergy Awareness Month</a></div><div><a href="#">National Physical Fitness and Sports Month</a> <a href="#">National Speech-Language-Hearing Month</a> <a href="#">Older Americans Month</a> <a href="#">Skin Cancer Awareness Month</a></div></div>						
				1	2	3
4	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

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