

May Is Mental Health Awareness Month



1 in 5 adults experience mental illness each year.



Stigma prevents many from seeking help.



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



Talk about feelings: it's okay not to be okay.



Support others: listen without judgment.



Together, we can break the stigma!

You can always reach out to us.

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Mental Health Tips Gmail This Month

Marco Cascella



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