

MAY IS MENTAL HEALTH AWARENESS MONTH

Connecting with others is good for your mental health.
Here are some questions to get the conversation started.

- How are you feeling today? If you could start today over, what would you change?
- Who do you most admire and why?
- What is your favorite things to do with a friend and how does it make you feel?
- How do you show your friends that you care about them?
- What is the silliest things you've ever done? The kindest thing? The hardest thing?
- What are some of the stressors in your life right now? What are some healthy ways that you can cope with them?
- Who can you turn to for help and support?

It's okay to not
be okay.

SCAN THIS
CODE FOR
RESOURCES



If you or a loved one is in danger of physical injury, out of control, talking about suicide, or posing a threat of safety to others, call (800) 273-TALK or text REACH to 741741

Mental Health is Health. Start the Conversation.

