

# FREE HEALTH EDUCATION COMMUNITY RESOURCES MAY 2023



## MAY IS MENTAL HEALTH AWARENESS MONTH

Remember that your mental health should always be a top priority. By taking care of your mental well-being, you will be better prepared to handle stress and improve your overall quality of life.

### WEBINARS/ EDUCATIONAL VIDEOS

#### May 17th: Mental Health – In the Wake of COVID-19

### Resources for Mental Health

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org)
- Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

### Healthy Ways to Cope with Stress

- Take breaks from news stories
- Take care of your body
  - Eat Healthy
  - Get Enough Sleep
  - Move more and sit less
- Connect with others