

Mental Health Awareness Month

MAY IS
MENTAL HEALTH
AWARENESS MONTH



Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and well-being in our lives and to celebrate recovery from mental illnesses. The Substance Abuse and Mental Health Services (SAMHSA) has recognized Mental Health Awareness Month every May for over 20 years. They provide a [resource toolkit](#) that you can use for free to help spread the word. Mental health is essential at every stage of life, regardless of age, background, or experience. Prioritizing mental health strengthens individuals, families, and communities.

The toolkit includes:

- Key messages and themes for each week in May.
- Social media content, graphics, and promotional materials designed for your audience and media channels.
- Messages that include acceptance and support of people living with mental illness.
- Best practices for supportive and beneficial discussions about mental health.
- Additional resources for raising awareness about mental health in May and beyond.

Use this toolkit to help destigmatize mental health care and share resources with those who need support.

The National Alliance on Mental Illness (NAMI) is using the theme “[In Every Story, There’s Strength](#)” to encourage individuals to share their mental health stories. The theme highlights the diversity of mental health journeys and the power of storytelling.

And remember, help is available if you are struggling. You can find help and resources from either of these organizations, or call 988 for 24/7 live support.

