

MAY IS MENTAL HEALTH MONTH 2022



May 3, 2022

Topic: What is mental illness and what are the causes?

May 10, 2022

Topic: Terms to know

May 17, 2022

Maintaining good mental health

May 24, 2022

Topic: Recognizing when to seek help

May 31, 2022

Topic: What to do when you need help

Mental health is becoming more common in conversations, and it can be an overwhelming topic if you're just starting to explore it.

We can help.



LEARN MORE
mhanational.org/may

MHA
Mental Health America

**Join Us every Tuesday in May from
7pm-8pm via Zoom.**

<https://us02web.zoom.us/j/87507327012?pwd=N1ZmelhIK2NPNFNnS0hTaE9vNzBaZz09>

Meeting ID: 875 0732 7012

Passcode: 898704

