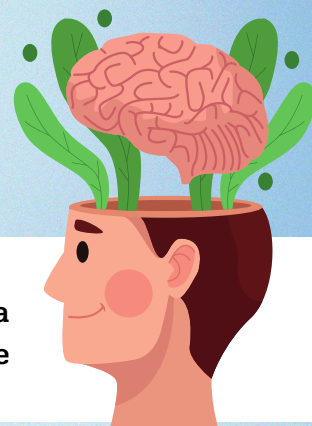


Recharge Your Mind, Refresh Your Life



May is your reminder that mental health is health. It's not a luxury—it's a necessity. Just like we care for our bodies, we need to care for our minds. And no, you don't need a "crisis" to check in on your mental health—think of it like brushing your teeth. A little care every day goes a long way!

Mental Health By the Numbers:

1 in 5 adults in the U.S. experience mental illness each year.

Over 50% of mental illnesses begin by age 14, and 75% by age 24.

Yet, less than half of those affected receive treatment. Mental health is real, common, and treatable.

Tips to Support Yourself (or Someone Else):

Start small: Set tiny, doable goals—like taking a 10-minute walk.







Normalize it: Talk about mental health like physical health.

Be kind to your mind: Notice your self-talk. Would you say that to a friend?





Listen non-judgmentally: If someone opens up, just be there. You don't need all the answers.

RECHARGE CHECKLIST

Take 5 minutes a day for a mindful mental reset:

-  Stretch or move your body
-  Drink a full glass of water
-  Step outside (even for 60 seconds!)
-  Name one thing you're grateful for
-  Unplug from screens—scroll less
-  Talk to a loved one or friend

Resources You Can Use:

-  988 – Mental Health Crisis Lifeline (call or text, 24/7)
-  nami.org – National Alliance on Mental Illness
-  mentalhealth.gov – Learn, support, and connect
-  Local counselors, friends and family, school resources

For more information on Mental Health Awareness Month, visit:
www.nami.org/get-involved/awareness-events/mental-health-awareness-month/



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