



LIFE CAN BE HARD.

**YOUR MENTAL HEALTH
DOESN'T HAVE TO
SUFFER.**

**GET INFORMATION AND
TOOLS THAT CAN HELP.**

VISIT [MHANATIONAL.ORG/MAY](https://mhanational.org/may) FOR TOOLS2THRIVE.

**MAY IS 2
MENTAL 0
HEALTH 2
MONTH 1**



MHIA
Mental Health America
B4Stage4

 /mentalhealthamerica
 @mentalhealtham
 @mentalhealthamerica
 /mentalhealtham
 /mentalhealthamerica
www.mhanational.org