

5/13/21

May is Mental Health Awareness Month

May is [#MentalHealthAwarenessMonth](#) — a great time to check in on yourself and loved ones. If you or someone in your life needs help, confidential support and treatment, there are options available.



MENTAL HEALTH MATTERS

#MENTALHEALTHMONTH 

SAMHSA

HELP IS AVAILABLE.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

Behavioral Health Treatment Services Locator
findtreatment.samhsa.gov