

May is Mental Health Month

Around half of all people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their lives. This means you probably know someone in your congregation or community who needs support. [Learn how you can support someone living with a mental health condition.](#)



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MENTAL
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MONTH**

TAKE SOME TIME TO
LOOK AROUND, LOOK WITHIN

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

Mental Health Month provides an opportunity to learn how to **recognize** warning signs, **know** the factors that can lead to mental health conditions, **maintain** mental wellness, and **seek help** for mental health.

Among the ways faith communities can get involved in Mental Health Month:

- **Organize** an in-person or virtual community run or walk for mental health. Reach out to your local media for assistance in promoting the event. Email your partners, family members and friends, donors, and local officials inviting them to participate.
- **Host** a mental health screening or other educational event at your house of worship. Have computers or tablets available for people to go to www.MHAscreening.org. Make sure to have a printer, so people can print their mental health online screening results. If an in-person event isn't possible, host a webinar or Facebook Live event.
- **Plan** an advocacy event. This could be a day at your state capitol or an email campaign. Invite advocates, consumers, concerned citizens and community and business leaders to reach out to each policymaker to discuss your community's mental health needs.
- **Team up** with other local mental health and wellness organizations to host a community meet-and-greet.

[Download the Mental Health Month toolkit.](#)

Learn more about mental health resources available through Advocate Aurora Health in [Illinois](#) and [Wisconsin](#).



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