

MAY IS MENTAL HEALTH MONTH

LOOK AROUND, LOOK WITHIN

MANY FACTORS COME INTO PLAY WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO *LOOK AROUND* AND MAKE NOTE OF YOUR SURROUNDINGS, AND *LOOK WITHIN* TO SEE HOW THEY MIGHT BE AFFECTING YOU.



LEARN MORE ABOUT HOW YOUR ENVIRONMENT IMPACTS YOUR MIND AND WHAT YOU CAN DO ABOUT IT AT [MHANATIONAL.ORG/MAY](https://mhanational.org/may).
