

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.



A MENTAL HEALTH TEST IS ONE OF THE EASIEST WAYS TO CHECK IN ON YOURSELF IF SOMETHING DOESN'T FEEL QUITE RIGHT.

[MHASCREENING.ORG](https://mhascreening.org)

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Mental Health America
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