→ WHERE to START ←

our ways to improve your mental health

take action

Try advocating for causes that are important to you – this can be therapeutic in its own way!

2 Find support

Whether it's friends, family, community spaces, or therapy, building a support system can help.

3 Set boundaries

Create a healthier relationship with technology by limiting your screen time.

4 Develop skills

Invest some time figurin out the best coping skills help you healthily mana your feelings.

MHA
Mental Health America

Explore free Mental Health Month resources and learn more: **mhanational.org/may**