

MAY

MENTAL HEALTH AWARENESS MONTH

ACCEPT. EDUCATE. EMPOWER.

A PERSONAL MESSAGE FROM YOUR COLLEAGUE:

"I preach authenticity, and in the process of doing so means vulnerability to who I am. I remind you it's okay to not be okay, but it's not okay to do nothing and live in the mind trapping void & solitude your mind & trauma can create. YOU MATTER, which means YOUR HEALTH does too! Without HEALTH you really have nothing. In my eyes health is a combination of three states, physical, MENTAL/EMOTIONAL and spiritual. You need the balance of all three to stay afloat in this journey we call life. Whether you be a stranger or one I know, I'm here for you; that's my mission, that's my purpose. It starts with YOU wanting the help, and follows with allowing me or someone to be part of your journey to a healthier, healing lifestyle – YOU MATTER! YOU MATTER! YOU MATTER!"

-Miguel Baeza Aguilera



Mental Health America

NO ONE FIGHTS ALONE!

Our surroundings play a significant role in shaping our thoughts, emotions, behaviors, and overall health, and learning about the impact of our surroundings on our mental health is a valuable way to take control of our own well-being.

Learn more about how you can make a difference for yourself, your community & the world at the link below.

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