



# REMEMBER WHEN LIFE GETS TOUGH, YOU'RE NOT ALONE.

1 in 5 of us struggle with a mental health concern.

## Mental Health Awareness Month

May marks Mental Health Awareness Month, a reminder for all of us to prioritize mental well-being. When life seems overwhelming, it's okay to reach out.

REACH  
OUT.

check in.



Access more mental health information  
and resources at [reachouthallco.org](https://reachouthallco.org)



**UNITED WAY**  
Of Hall County