

YOUR MENTAL HEALTH MATTERS

May marks Mental Health Awareness Month, a reminder for all of us to prioritize mental well-being. **When life seems overwhelming, you are not alone.**



Reach Out.
You're
Worth It.

The 988 Lifeline is available 24/7.

CALL, TEXT OR CHAT 988

for support any time.



Explore more mental health information and resources at reachouthallco.org.



UNITED WAY
of Hall County

**REACH
OUT.**