

# 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](https://reachouthallco.org).



**UNITED WAY**  
of Hall County

**REACH  
OUT.**