

# May is Mental Health Awareness Month

This month, we open our hearts and minds to help reduce mental and behavioral health stigma- encouraging individuals to seek support and experience the space they need to heal. Here are some ways that you can participate:

1. Educate yourself on mental health and wellness
2. Talk to a therapist
3. Focus on self-care
4. Support those around you
5. Support a mental health non-profit organization
6. Download the [free toolkit from Mental Health America](#)
7. Address any stigmas that you have

Learn more and take care of your mental health by visiting the Uprise Health [Member Portal](#) and the [Member Resources Center](#) today.

