

May is Mental Health Awareness Month



There is no health without mental health.

When you see the signs, ask for help.



The median delay between the onset of mental health symptoms and treatment is 10 years.

Using alcohol or drugs may be attempts to relieve untreated mental health disorders.



Recovery looks different for everyone. Practice self-care in ways that are best for you.

Early signs of mental health disorders are often mistaken for typical characteristics of teenage development.

Mental health disorders can affect anyone.



SCHOOL RESOURCES:

