



**LIFE CAN BE HARD.**

**YOUR MENTAL HEALTH  
DOESN'T HAVE TO  
SUFFER.**

**GET INFORMATION AND  
TOOLS THAT CAN HELP.**

**VISIT [MHANATIONAL.ORG/MAY](https://mhanational.org/may) FOR TOOLS2THRIVE.**

**MAY IS 2  
MENTAL 0  
HEALTH 2  
MONTH 1**



An affiliate of  
**MHA**  
Mental Health America

EVERYONE FACES CHALLENGES IN LIFE THAT CAN IMPACT THEIR MENTAL HEALTH.

THIS MAY, TAKE A MENTAL HEALTH SCREEN AT [MHASCREENING.ORG](https://mhascreening.org).

IT IS A QUICK, FREE, AND PRIVATE WAY TO ASSESS YOUR MENTAL HEALTH AND RECOGNIZE SIGNS OF MENTAL HEALTH PROBLEMS.

