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**May 1, 2023**

**CONTACT:**

**[First Last Name]**

**[Email address]**

**[Phone number]**

**[Your affiliate name] marks May as Mental Health Month by sharing resources with the public**

**City, State Abbreviation –** [Name of affiliate] invites other organizations, businesses, the local government, and everyone in the community to join them in May to raise awareness during Mental Health Month. This year’s theme, **Look Around, Look Within**, focuses on how surroundings impact mental health – from your neighborhood to inside your mind.

Mental Health America (MHA) has released its free 2023 Mental Health Month toolkit with information about how an individual’s environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges. Specific topics include safe and stable housing,

healthy home environments, neighborhoods and towns, and the outdoors and nature

“Quote from your CEO,” said [Name, title]. “Finish the quote about the importance of understanding your environment and how making little changes can go a long way, for example.”

The toolkit provides information for individuals and organizations and includes fact sheets, worksheets, activity ideas, pre-written newsletter articles, social media images and post language, posters, a tip calendar, and more.

In addition, landmarks across the nation will be lit in green, the color of mental health awareness, to mark Mental Health Month and encourage the public to take a mental health screening. [Names of local buildings] will be lit green on [day/dates].

Since 1949, Mental Health America, its affiliates, and countless others have observed May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about.

[Download the toolkit here.](https://mhanational.org/mental-health-month)

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**About [Your Affiliate]**

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**About Mental Health America**

*Mental Health America (MHA) is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA’s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal. Learn more at* [*MHAnational.org*](http://mhanational.org/)*.*