

# MAY IS MENTAL HEALTH MONTH

---

## LOOK AROUND, LOOK WITHIN

MANY FACTORS COME INTO PLAY WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO *LOOK AROUND* AND MAKE NOTE OF YOUR SURROUNDINGS, AND *LOOK WITHIN* TO SEE HOW THEY MIGHT BE AFFECTING YOU.



A MENTAL HEALTH TEST IS ONE OF THE EASIEST WAYS TO CHECK IN ON YOURSELF IF SOMETHING DOESN'T FEEL QUITE RIGHT.

[MHASCREENING.ORG](https://mhascreening.org)

**MHIA**  
Mental Health America  
[mhanational.org](https://mhanational.org) | [mhascreening.org](https://mhascreening.org)

[f /mentalhealthamerica](https://www.facebook.com/mentalhealthamerica)  
[@mentalhealtham](https://twitter.com/mentalhealtham)  
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)  
[/mentalhealthamerica](https://www.youtube.com/mentalhealthamerica)  
[@mentalhealthamerica](https://www.tiktok.com/@mentalhealthamerica)