**Let’s Celebrate May is Mental Health Matters Month**

Our mental health has a powerful influence on our quality of life. It affects how we feel, how we see ourselves, how we handle stress, how we make choices, and how we relate to others. Our mental health deserves the same attention as our physical health, but it is far too often overlooked or ignored. With the month of May designated as Mental Health Matters Month, there’s no better time than now to check in on our own mental health and the mental health of the people we care about.

This month, we’ll be getting the word out about what each of us {Insert County Name – Ex: San Diegans} can do and the actions we can take to attend to our mental health needs. We also have a series of events planned to celebrate mental well-being. {Embed link to county level events flyer.}

We encourage all County Name residents to take action by checking in on your own mental health and the mental health of someone you care about. When you check in with yourself, you might find that you are in need of some self-care activities and other support options to give your mind and body the break they need to recharge. When you check in with others, you can let them know you’re there for them if they want to talk as well as help them get support from other sources if they are in need. To get started, visit the [Take Action for Mental Health](https://takeaction4mh.com/) website and go to the [Check In](https://takeaction4mh.com/check-in-resources/) page.

Just about all of us have times when we feel sad, stressed out, anxious or just weighed down. However, when a few bad days seem to repeat often, and last for more than two weeks, this can be more serious. If you recognize signs or symptoms of needing additional support for yourself or someone else, take some time to [Learn More](https://takeaction4mh.com/learn-more-resources/) about the self-care, services, and supports available to help find a path forward.

If you feel like you are overwhelmed or that mental health challenges are interfering with your life, it’s time to seek help. [Get Support](https://takeaction4mh.com/get-support-resources/) for yourself or someone you care about by reaching out and connecting with family, friends, peer group support, or other resources available in your community.

If you or someone else are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255 or call the [County Name] [Name of Crisis Line at 1-xxx-xxx-xxxx] to speak with a trained counselor who can help {embed link to County crisis line web page}. The Take Action for Mental Health website offers many other support resources, including [resources](https://takeaction4mh.com/find-help-now/) to help children and youth, the LGBTQIA+ community, substance use hotline, sexual assault hotline, and a domestic violence hotline. There are many support options to try, and each person can see what works best for them.

This May, let’s all step up and do something for ourselves and those around us. Let’s take action for our individual and collective mental health in [county/city].

Watch for more emails from us during Mental Health Matters Month. You can also follow our social media updates at [Facebook](https://www.facebook.com/TakeAction4MH), [Instagram](https://www.instagram.com/takeaction4mh), and [Twitter](https://twitter.com/takeactionformh).

[NOTE: Insert links for your agency’s accounts or use @TakeAction4MH accounts that are linked above.]

[Insert County/Agency/CBO Signature Line]