May is Mental Health Month, a time to raise awareness about the importance of mental health and to promote the resources and support available in our community. Mental health is a crucial aspect of overall health and wellbeing, and it is important that we work together to reduce the stigma surrounding mental health issues and increase access to care.

As a partner of Jefferson Center, we are here to participate in Mental Health Month to help build awareness and educate to make our communities healthy, safe places to live. There are many ways to get involved in Mental Health Month, from attending events and sharing information to simply having conversations about mental health with your friends and family. By working together, we can create a more supportive and understanding community for everyone.