

# *Mental Health Awareness*

*for the week of May 6-12, 2024*



## **Embracing Mental Health Awareness**

### *Together We Thrive:*

Let's break the stigma surrounding mental health together. By opening up conversations, offering support and advocating for mental health awareness, we can create a more inclusive and understanding society where everyone feels valued and supported.

*If you know anyone who needs a helping hand, don't hesitate to contact your local Social Steward today.*

*Let's support each other on the journey to mental wellness!*