

May is Mental Health awareness month, a time for all of us to come together to pause, reflect, and highlight the importance of our mental well-being.



We've all been through a lot these past two years navigating the effects of the pandemic. It's okay not to be okay.



It's important to remember to do things that make us feel good and connected to one another. We now know how to safely meet with friends and relatives.



Ensure you are eating well, sleeping well, and taking extra time for daily stress release.

**For resources, text "COVID" to 55251
or visit [SPTHB.org](https://www.spthb.org).**

