

Mental Health Awareness



May is Mental Health Awareness Month, a time to prioritize your mental health. We know that taking care of your mental health can be tough, try these tips.



Stay connected.

Spend time with friends and family regularly. Surround yourself with a support group that will be there for you when you're struggling.



Practice self-care.

Set aside time for yourself to do activities you enjoy while taking care of your physical health, too. Prioritize getting enough sleep, eating well, and exercise.



Seek out professional support.

Struggling with your mental health can feel isolating. Talk with a therapist or mental health coach to explore your thoughts and learn coping techniques to better your mental health.



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