



# *Great Changes*

## **Mental Health Monthly**



### **May 2026**

Mental Health Awareness Month is recognized every May (since 1949) to raise awareness, reduce stigma, and provide resources for mental health struggles. The 2026 campaign focuses on education, breaking down stigma, and encouraging

self-care to improve overall well-being. Key actions include sharing stories, using tools like #MyMentalHealth, and supporting loved ones.

<https://www.nami.org/stay-connected/events/awareness-events/mental-health-awareness-month/>

#### Key Aspects of Mental Health Month (May):

- Goals: Increase awareness, celebrate recovery, and provide support resources.
- Stigma Reduction: Aims to normalize conversations about mental health, as 1 in 5 adults experiences mental illness each year.
- Self-Care Actions: Incorporate movement, mindfulness, and, if necessary, professional help
- Resources: Utilize tools like FindSupport.gov, the 988 crisis line, and [NAMI](#) for resources.
- Call Maureen at Great Changes. She will set you up with a therapist that is on your insurance plan and is a good fit for your personality & presenting problem.  
815-600-6998