

## Support within reach

## Welcome to Mental Health Awareness Month

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Millions of Americans live with mental health conditions.<sup>1</sup> Mental Health Awareness Month shines a light on this and encourages everyone to learn more about mental health.

Each week, we'll share information to help build awareness and understanding of mental health. We'll also share resources to help you have more open conversations about it. The more we can normalize and cultivate compassion for mental health concerns, the more we can help overcome stigma and make it easier for everyone to reach out for support.



### Featured resource: How much do you know about mental health?

Take this brief quiz to test your knowledge about some mental health facts and statistics.

[Take the quiz](#)

### Well-being activities calendar

Your health includes both mental and physical health. There are ways to improve your mental health and well-being. Take time for your mental health by participating in these daily action item activities.

[View the calendar](#)



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<sup>1</sup> [Mental health by the numbers](#). Available at: Nami.org. Accessed January 2025.

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