



# Recognize Mental Health Awareness Month

According to the National Alliance on Mental Illness (NAMI), one in five Americans lives with a mental health concern, such as depression or anxiety.

While mental illness is common, a combination of stigma and lack of accessible care leaves many people feeling like they don't have anywhere to turn for help. Mental Health Awareness Month is an opportunity to normalize the need for mental health resources and reduce stigma.

SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



**PennState Health**



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