



May is Mental Health
Awareness Month

The best way to help a friend is to A.S.K.:

Acknowledge

Let them know their feelings and experiences are valid, that you believe them and recognize the courage it took to come to you.

Support

Show up, listen and offer help by referring them to coping methods, additional resources and/or professional help if needed.

Keep-In-Touch

Actions speak louder - checking back in shows you really care about and hear them.

Scan this code to take a free,
anonymous, online mental
health screening.



To speak to someone at
Easterseals MORC, call
1.800.75.SEALS
If it is a mental health
emergency, dial 988