

# May is Mental Health Awareness Month



Mental health is important to our overall health and well-being.

**Did you know?**

**1 in 5 adults will experience a mental health issue**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

**YOU ARE  
NOT  
ALONE**

**Contact your primary care provider or the Behavioral Health Office  
(360)709-1733, if you need assistance.**

