

Better mental health for all



May is Mental Health Awareness Month

Culture and identity help shape who we are as individuals. Since our life experiences and beliefs influence how we approach life, it's important to know that mental health can look different for each of us. Knowing you are not alone can make a difference when it comes to reaching out to better your mental health.

There are many factors that impact mental health and wellness in diverse communities. They may include:

- **Stigma** — reaching out for help can be seen as a weakness or something to hide
- **Support** — family or community members may distance themselves from people struggling with mental health challenges
- **Access** — are quality providers available?
- **Cost** — mental health treatment costs can add up; even the thought of an extra bill to pay can deter many from seeking help

These factors can affect whether someone chooses to reach out for help.

By learning more, you can be an advocate for mental health support. These resources can help with overcoming stigma in diverse communities:

- [Let's Talk: Cultural differences and mental health stigma video](#) | [Transcript](#)
- [Mental health 101](#)

Take a step toward making a change for the better today. Together we can overcome stigma — one step at a time.

Resources for Living®

Make your mental wellbeing a priority. We're here 24/7 for you, your household members and children living away from home up to age 26.

Give us a call for free, confidential help and referrals for any emotional or mental health concerns you may have.

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