

Mental Health Awareness



May is Mental Health Awareness Month! Finding ways to support your mental health is important for staying healthy and happy. Here's why.



You can have a **higher self-esteem** and **more confidence** in yourself.



You'll be able to **enjoy healthy relationships** with friends, family, partners, and others.



You can **find more joy in the things you love** without the stress and anxiety of what weighed on your mind.



We're here to support you.

There are so many great reasons to prioritize your mental health. No matter what's on your mind, we're here to listen and to help.

Mastronardi Produce provides First Stop Health Virtual Counseling to all employees and immediate family members. A visit costs \$0.00.