

# May is Mental Health Awareness Month...



Our mental health includes emotional, psychological, and social well-being. It affects our thinking, feelings and how we act. From childhood to adulthood good mental health is important to enjoy life, cope with stress, relate to others and make choices. Feeling anxious, sad, or worried? It's okay to ask for help.

If you need support, give our  
Behavioral Health team a call at  
**(833) 257-5151**



Providing God's spiritual  
healing through healthcare.

Formerly Central Neighborhood Health Foundation

[cnhfclinics.org](https://cnhfclinics.org)

