

2024 May Mental Health Awareness

Mental Health Benefits: It's okay to need help. Mental health is as important as physical health. Learn about your HealthSelect [mental health benefits](#) and where to go for support for you and your family members when you need it.

Development, Attachment & Relationships Webinar: Join us May 16th 10-11 a.m. CT to explore the dynamics of development, attachment, and relationships with Albert Lucio, Wellness Coordinator for the Texas Department of Health and Human Services. Learn more or register through the [Development, Attachment & Relationships Registration Link](#)

Need immediate mental health support? Dial or text **988**—the new national crisis line dedicated to providing quick access to mental health services. Whether you're experiencing a crisis or need someone to talk to, 988 connects you to trained professionals who can assist you 24/7. Remember, help is just a call away. Reach out to 988 for immediate support.