

# MAY: MENTAL HEALTH AWARENESS 2024



## Events:



**May 14**  
**Fitness Connect Community:  
Mental Health Benefits  
of Physical Activity**

10-10:15 a.m. CT  
[Event Link](#)



**May 16**  
**Development, Attachment &  
Relationships Webinar with  
Albert Lucio**

10-11 a.m. CT  
[Event Link](#)



**May 28**  
**Nutrition Connect  
Community:  
Food & Mental Health**

10-10:15 a.m. CT  
[Event Link](#)

## Resources:



**Access Mental Health  
Virtual Visits at no cost**

[HealthSelect  
Mental Health link](#)



**Know where to go in a mental  
health crisis.**

[988 Crisis Line  
Webpage](#)



**Virtual Fitness to benefit your  
Mental Health!**

[Virtual Fitness  
Calendar Link](#)