



## **MENTAL HEALTH AWARENESS MONTH**

*Fitness #4Mind4Body Highlights Importance of Physical Health  
in Achieving Balanced Mental Health*

Many of the department's providers will be hosting informational events designed to encourage a healthy mind and body, and offer important resource information. Please contact [your local mental health authority](#) and partner agencies, such as [National Association for Mental Illness Alabama](#), for more information.

Also, May 7-13 is Children's Mental Health Awareness Week, emphasizing the importance of an integrated approach to caring for the mental health needs of children, youth, and young adults who have experienced trauma, as well as their families.

Mental Health Month was started 69 years ago by the Alabama Department of Mental Health's partner, Mental Health America, to raise awareness about conditions and the importance of good mental health for everyone. For more information on Mental Awareness Health Month, visit [www.mh.alabama.gov](http://www.mh.alabama.gov) and Mental Health America's website at [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may).

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