



MAY

IS MENTAL HEALTH
AWARENESS MONTH

#breakthestigma

LET'S TALK ABOUT MENTAL HEALTH.

The month of May is Mental Health Awareness Month. The Southern California IBEW-NECA Boards of Trustees support mental health awareness and know it's ok to **NOT** feel ok.

Are you feeling down, sad, frustrated or overwhelmed? Are you or someone you know struggling with their emotional well-being? Please reach out to your medical insurance provider to explore what mental health benefits are available to your plan.

If you are having suicidal thoughts, you may dial **988** from any phone to connect you to the Suicide and crisis lifeline 24 hours/7 days a week.