

May is Mental Health Month and Crawford County Health & Human Services is raising awareness of the important role mental health plays in our lives. We are encouraging members of the community to take action toward protecting their mental health and overall well-being and help break down the stigma around mental health.

Stigma, negative beliefs and attitudes around mental health keep people suffering in silence. We encourage our community to turn stigma into support. You can do this by learning more about mental health, talking about it and sharing your knowledge and resources with others. There are many ways that you can help a friend that is struggling:

- **LISTEN**  
Don't judge and just be there for a friend; often times that is all they want.
- **Keep Checking In**  
If you know a friend who is struggling give them a call or send a text.
- **Don't Try to Fix**  
We all want to help our friends but mental health struggles are complicated and can't be fixed by other people.
- **Reassure**  
Let friends know that they matter and you are there for them.
- **Connect Them to Help**  
Learn about the resources available and help them connect.

It's important to remember that improving your mental health takes time. Focusing on small changes is a start that can lead to long-term strategies. Building a support system with family, friends and/or professionals are an important aspect of good mental health.

During the month of May local businesses and organizations will be showing their support for Mental Health by promoting resources. We encourage you to join in the effort by sharing resources, talking about mental health and showing support to your neighbors.

For more information and local resources for mental health visit [crawfordcounty.crediblemind.com](http://crawfordcounty.crediblemind.com). If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the 988 Lifeline network is available 24/7; call, text or chat.