

# May is mental health month




## Empower Minds, Strengthen Communities.

When we care for ourselves and support each other, mental well-being becomes a shared reality. Take time this month to explore how your environment shapes mental health—and how you can make a difference.



Learn how to build personal resilience  
and create stronger communities at:  
[hca.wa.gov/assets/program/  
mental-health-month-toolkit-2025](https://hca.wa.gov/assets/program/mental-health-month-toolkit-2025)

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