



May is Mental Health Awareness Month



1 in 5 US adults experienced mental illness in 2021.

47% of US adults received treatment for mental illness in 2021.

Average delay between symptom onset and treatment for mental illness is 11 years.

**PROMOTE ACCEPTANCE
AND SUPPORT**

**your
Mental
HEALTH
MATTERS**

**BUILD CONNECTIONS
WITH OTHERS**

The **PLAN Client Advocate Professional Group** (formerly Social Work Group) and the **PLAN Diverse Abilities Group** jointly invite all PLAN programs to observe **Mental Health Awareness Month**.

[Mental Health Awareness Month Toolkit | SAMHSA](#)

[MAY 2023 CAMPAIGN - HEAL PA](#)

[Mental Health Month | Mental Health America \(mhanational.org\)](#)

[Mental Health Month | NAMI: National Alliance on Mental Illness](#)

[Mental Health Awareness Month | The Jed Foundation](#)

[Resources | Seize the Awkward](#)

[Mental Health Awareness Month - National Council \(thenationalcouncil.org\)](#)

