

# #MayIsMentalHealthMonth

This May is Mental Health Month. We want you to know that you are not alone. None of us are.

Let us reach out to ask for **help** if we need it;  
Let us reach out to offer **hope** if we see someone in pain.

No estás solo/a.

我們並非孤立無援

Chúng ta không đơn độc.

Tsis yog peb ib leeg xwb.



You are not alone.

Get the **GRACE App!** In addition to your own loved ones, **GRACE** – Giving Resources And Care Everyday



is a place to turn for help. Use your phone's camera to scan the QR code, **download the brand new GRACE app**, and learn about the many resources available to support you!



@scusdstudentmentalhealth