UNIVERSITY OF MICHIGAN

MAY IS MENTAL HEALTH AWARENESS MONTH

LET'S TALK ABOUT MENTAL HEALTH.

When we all make mental health a priority, we can foster a greater sense of compassion and belonging in our workplace. You can help by simply starting a conversation.

Show your support by displaying a Mental Health Awareness Month flier or Zoom background. Talk about how you're feeling with trusted colleagues. Or schedule ways to connect with others at work, like encouraging your team to take time to pause and rest.

We're Here for You – If you (or someone you know) could use more support, we are here for you.

- Confidential online screenings
- Professional counseling at no charge
- Special events in May to support your mind and mood

Learn more:

myumi.ch/uhr-mental-health

SCAN ME