

May Newsletter



The official theme for this year's **Mental Health Awareness Month** is anxiety. It's important to look at how anxiety can affect people, what external factors can trigger this strong response, and what we can do to support ourselves and others. This memorable holiday has been observed since 1949, and is still widely known today. You can read the White House's proclamation for this year's Mental Health Awareness Month [here](#).

MH Fest is Here!

Shout Out!



Don't miss out on our annual Mental Health Fest on Instagram live (@traumaspeaks) starting **May 15th!** Join us as we host a week of activities where we will learn and discuss a wide range of mental health topics!



Thank you so much to Seyfarth for your grant! Your donation goes a long way in helping our mission of raising awareness for the importance of mental health!

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

Check out our latest post on the effects of divorce on both parents and children [here](#).

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