Mental Health
Awareness Month

Why it's important and how we're participating

What is Mental Health Awareness Month?

Millions of people face the reality and stigma of living with mental illness every day. Mental Health Awareness Month was established in 1949 to raise awareness about mental health, fight stigmas, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

Why are we participating?

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result – even people who had never experienced mental health challenges before. Dennis Group is participating in Mental Health Awareness Month both to educate team members and create a supportive environment for employees suffering from mental illness.

How are we participating?

We'll be highlighting #Tools2Thrive throughout May, offering tips on what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope

with obstacles. We'll focus on different topics to help process the events of the past year and the feelings that surround them and build skills and supports that extend beyond COVID-19. Our Mental Health Awareness Month agenda includes:

+ **Weekly Wellness Tips**
+ **Guest Educator on Mental Health**
+ **Resources and Tools**

It's important to remember that working on your mental health and finding tools that help you thrive takes time. Change doesn't happen overnight.

Focus on small, incremental changes to move through the stressors of life and develop long-term strategies to support yourself on an ongoing basis.

Remember: mental illnesses are real and can feel insurmountable, but recovery is possible. By developing your own #Tools2Thrive, you can find balance between life's ups and downs.