

# May is Mental Health Month!

Good mental health plays a crucial role in overall well-being. When you are mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress. Learn more about resources to maintain good mental health below. ([MHA, 2022](#)).

- ★ View our BPS Behavioral Health Services Monthly [Family Newsletter](#)
- ★ [National Alliance on Mental Health \(NAMI\)](#): Information for children and families
- ★ Mental Health Association: [2022 Mental Health Toolkit](#)
- ★ Check out these **FREE videos** on [Teen Mental Health](#)
- ★ [HeadSpace](#): a free mindfulness app for adults and children
- ★ [National Alliance on Mental Health \(NAMI\)](#): Information for children and families

