

# MAY IS MENTAL HEALTH MONTH

*Join North Central Health Care for a month of tips, tricks and activities prioritizing YOUR Mental Health & Well-Being.*



## Fostering Connection

It's no secret that our mental health is important, and **sometimes it's the people around us who make all the difference.** Social support, or having a network of friends, family, and community members who are there for us in good times and bad, can have a huge impact on our mental wellbeing.



Research has shown that social support can help us cope with stress, reduce feelings of anxiety and depression, and improve overall life satisfaction. It can even have physical benefits, such as reducing blood pressure and boosting our immune system. So, whether it's through joining a club, reaching out to loved ones, or volunteering in the community, **finding ways to build and maintain social support is an important part of taking care of our mental health.**

---

## 8 Opportunities to Develop or Enhance Connections

**REACH OUT TO A FRIEND OR FAMILY MEMBER** you haven't spoken to in a while. Send a text, make a call, or schedule a video chat.

**JOIN A SOCIAL GROUP OR CLUB** that interests you. This can be a great way to meet new people with similar interests.

**VOLUNTEER IN YOUR COMMUNITY.** Helping others can give you a sense of purpose and connection.

**SCHEDULE A LUNCH OR COFFEE DATE** with a family member, coworker or friend.

**ATTEND A LOCAL EVENT**, like a concert or farmers market, and strike up a conversation with a vendor or someone in line.

**JOIN AN ONLINE COMMUNITY** or forum related to a topic you're interested in.

**TAKE A CLASS OR WORKSHOP** to learn something new and meet new people.

**MAKE TIME FOR REGULAR SOCIAL ACTIVITIES** with loved ones, like game nights or movie nights.

**Additional Resources Online:** [norcen.org/MentalHealthMonth](https://norcen.org/MentalHealthMonth)