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May is Mental Health Awareness Month

LOOK AROUND, LOOK WITHIN

A strong sense of community within neighborhoods protects mental health through shared support, resources, and joy.



Family Service League is continuously working towards:

- eliminating the stigma around mental health
- creating community environments where everyone feels comfortable speaking openly about their struggles
- providing a broad array of support programs and services for children and adults

The **Look Around, Look Within** message encourages people to review their surroundings since this plays a significant role in shaping our thoughts, emotions,

behaviors, and overall health. Learning about the impact of our surroundings on our mental health is a valuable way to take control of our own well-being and it fosters conversations about mental health care. If you, or a loved one, are facing mental health challenges, you are not alone. Reach out so you can begin a journey to a better, healthier life.

Call FSL's 24-hour DASH crisis hotline **631-952-3333** if you are experiencing a severe mental health or substance abuse issue. Visit the "**Find Help**" page of www.fsl-li.org for information on services and programs for children, families, and seniors.

