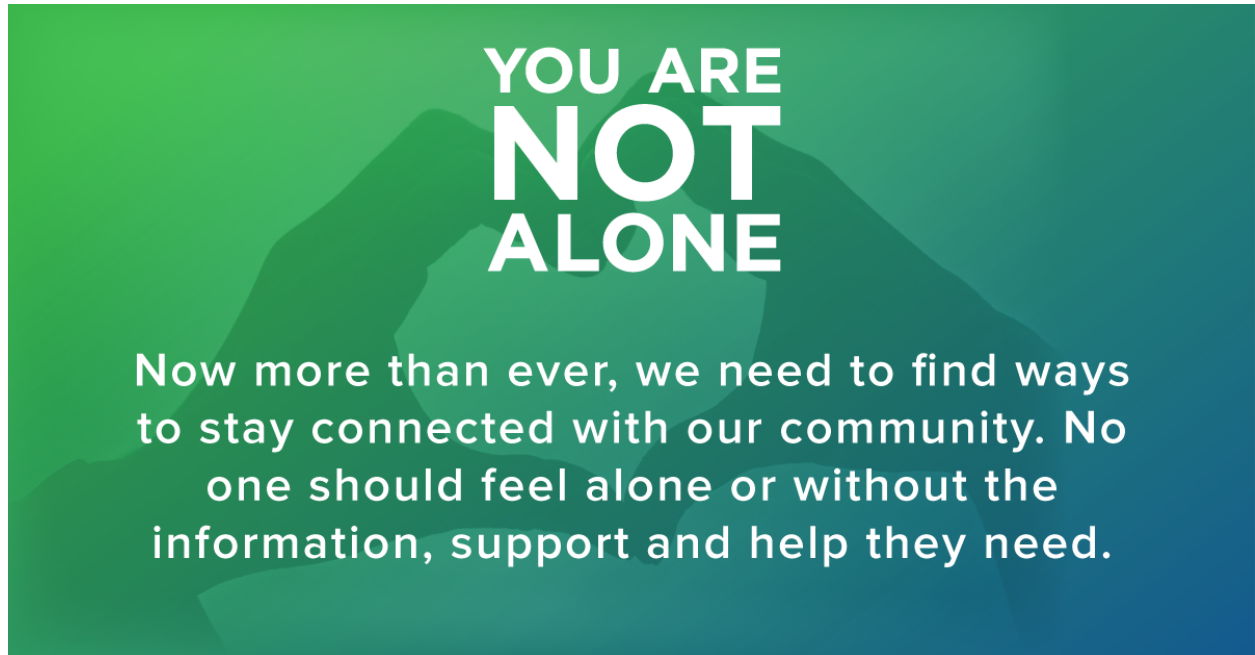


Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.



You Are Not Alone

For 2021's Mental Health Awareness Month NAMI will continue to amplify the message of "You Are Not Alone." We will use this time to focus on the healing value of connecting in safe ways, prioritizing mental health and acknowledging that it's okay to not be okay through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives — a nation where no one feels alone in their struggle.

Help us spread the word through awareness, support and advocacy activities. Share awareness information, [images and graphics](#) for #MHAM throughout May.

Resources

Share with us how you stay connected by writing your personal story or sharing [#NotAlone graphics and messages](#) with your community.

Partner Resources

[Download the 2021 Awareness Event Guide](#) for May's Mental Health Awareness Month.