

# Mental Health Awareness Month

May is Mental Health Awareness Month. This is a time to honor our mental wellbeing and recognize the strength in seeking help and supporting each other.



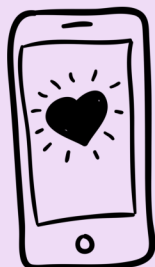
In Native culture, balance is at the heart of our wellness—balance between mind, body, spirit, and our connection to community and the land.

**Mental health is how we think, feel, and cope with life's challenges.** *It can be affected by stress, trauma, loss, or daily struggles.* It's okay to feel overwhelmed when you are experiencing difficulties. What matters is knowing you are not alone, and if you are struggling, healing is possible.

Our teachings guide us to seek balance through the Medicine Wheel - caring for the mind, body, spirit, and heart and remind us that healing comes from within, from our culture, and from our relationships. Finding balance also means that there is room for modern medicine to walk alongside traditional ways, offering additional support and tools for wellness when needed.

Mental health is not just the absence of illness, it's about feeling whole, connected, and strong in who we are. It's okay to ask for help. Healing doesn't make us weak, it shows our strength and is rooted in our connection to our ancestors who prayed, gathered, and leaned on community during hard times.

*It's okay to ask for help!*



*For Relatives living in Nebraska:*

**All Nations Crisis Textline**  
Text "Support" to 33464 to chat with an All Nations team member. We are here seven days a week from 8am-Midnight.



## Your Mental Health Matters

This month, take time to check in with yourself and others. *Our ancestors faced many challenges with resilience and community. That same strength lives within you.*

*Signs You or a Loved One May Need Help:*

- Feeling sad, angry, or worried most of the time
- Withdrawing from family, friends, or community
- Difficulty sleeping or eating
- Trouble focusing or getting through the day
- Feeling hopeless or disconnected

*Ways to Support Mental Wellness:*

**Connect with your roots:** Spend time on the land, attend cultural events, or talk with Elders.

**Stay active:** Walking, dancing, or traditional games can help clear the mind.

**Talk it out:** Share your feelings with someone you trust or work with a culturally responsive therapist.

**Create balance:** Make time for rest, creativity, prayer, and laughter.

**Ask for help:** Seeking support is a sign of strength, not weakness.