

May is Mental Health Awareness Month

# One small message, one better day

Mental wellbeing is shaped not only by the challenges we face, but by the moments of care, connection and encouragement we experience along the way. A kind word, a thoughtful note or a message of understanding can help someone feel seen, supported and less alone.

Magellan Healthcare is proud to support Inspiring My Generation, a nonprofit organization dedicated to reducing the suicide rate through mental health awareness, education, open conversation and compassionate support. Through their Encouragement Card Program, community members send handwritten messages of hope to individuals hospitalized in psychiatric units, reminding them they're not alone and a caring community believes in them.

## How to participate:

1. Color the graphic on the front of the cards following this page.
2. Write a supportive message inside the card. Your note doesn't need to be long or perfect. A few thoughtful words can go a long way.  
*Examples include:*
  - a. I believe in you.
  - b. Thinking of you today.
  - c. It's okay to take things one moment at a time.
  - d. You are worthy of care, rest and understanding.
  - e. Sending support your way.
3. Fold the card in half and mail it to the Encouragement Card Program. This is the best way to ensure your message reaches someone who needs it most.  
Encouragement Card Program  
7957 N University Drive, #154  
Parkland, FL 33067

## Can't mail your card right now?

Your message still matters. Give the card to someone you care about or leave it somewhere it may brighten someone's day.

## Get involved

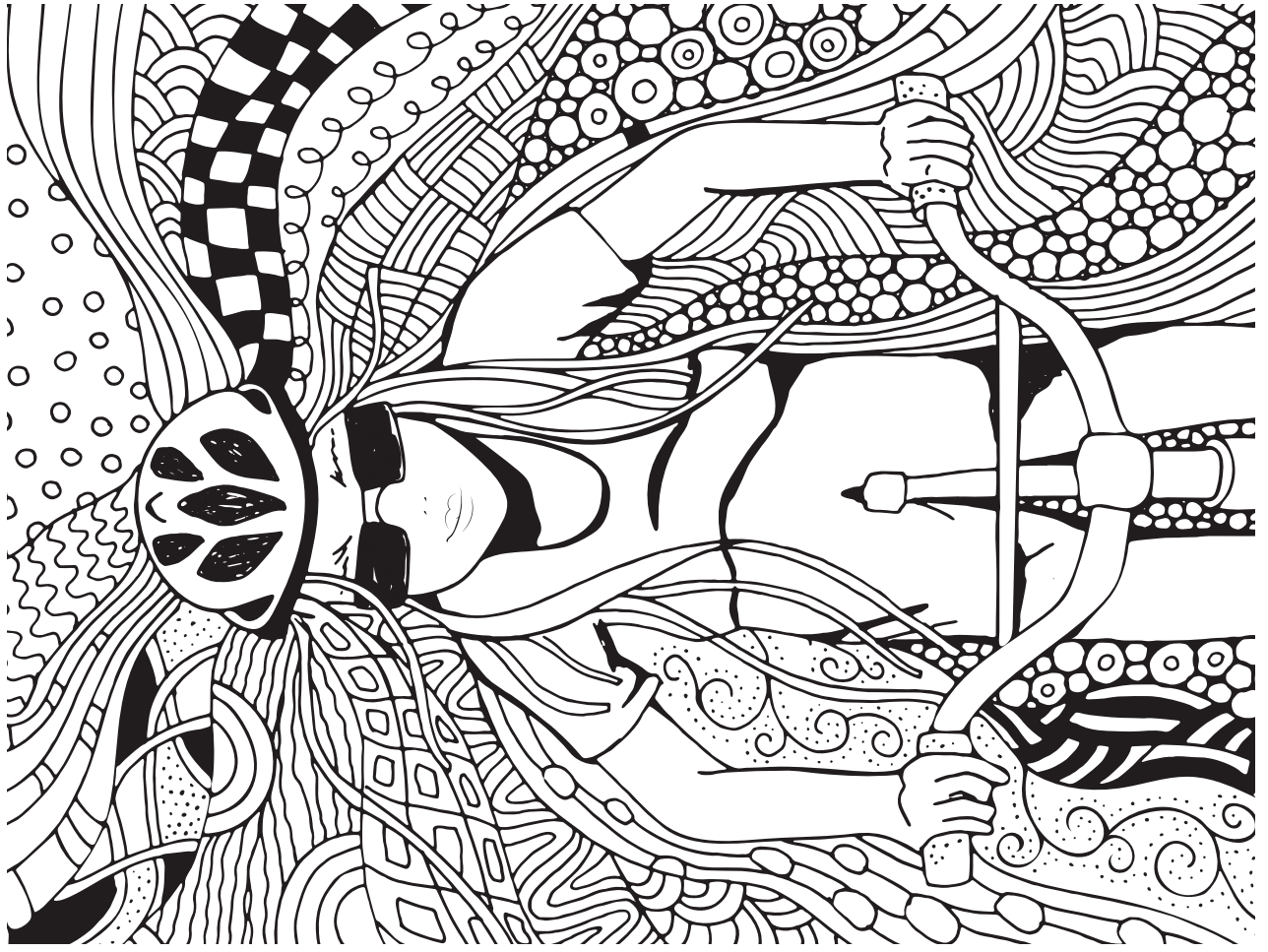
Learn more about Inspiring My Generation and how your message can help create hope at [inspiringmygeneration.org](https://inspiringmygeneration.org).



**Scan the QR code to visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) to get more information.**



**Better days are built together.  
Positive thoughts headed your way.**



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MORE GOOD DAYS,  
TOGETHER

