



May is Mental Health Awareness Month

Build brighter days with community

Feeling connected to others plays a significant role in mental health. If you've experienced loss, trauma or isolation, or felt marginalized or bullied, community can be especially important. While finding or building community may take time, it can make a real difference. Strong relationships reduce stress, support mental health and help make life more meaningful.

How to engage with your community

Community can start with small, everyday actions that fit your time, comfort level and interests. It doesn't have to be a lot. Choose what feels right for you.

- » **Support your neighborhood:** Get to know neighbors, check in on someone nearby or take part in activities that bring people together.
- » **Practice active kindness:** Simple gestures, like listening or offering help can strengthen relationships.
- » **Take part in local events:** Attend community gatherings, fairs or activities to meet others and learn what's happening in your area.
- » **Use shared spaces:** Spend time in libraries, community centers, parks or other places people gather.
- » **Join a club or group (online or in person):** Look for groups focused on your interests, culture or shared experiences.
- » **Get outside:** Participate in walking groups, community gardens or outdoor activities.
- » **Care for your environment:** Help keep shared spaces clean, safe and welcoming.
- » **Volunteer or give your time:** Contribute your skills or help others through local organizations or causes.

Community takes many forms. One small action, online or in person, can build connection and support and create brighter days.



Scan the QR code to visit Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for more information.

