

May is Mental Health Awareness Month
(Infographic copy)

The DES Vocational Rehabilitation (VR) program is dedicated to helping Arizonans who live with mental illness thrive in school and the workplace and live independently.

Improve your mental health through:

- Worklife Balance
- Social
- Animal Companionship
- Humor

Break the stigma and find help in your county by visiting:

<https://www.azahcccs.gov/BehavioralHealth/crisis.html>

Source: Mental Health America