



May is National Mental Health Awareness Month!

Mental Health Awareness Month began in 1949 by the organization, Mental Health America (MHA). The goal of Mental Health Awareness Month was to increase awareness of and destigmatize mental illnesses and suicide, increase understanding of psychological disorders, building support throughout communities, and celebrating recovery from mental illness.

According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults and 1 in 6 youth (ages 6 - 17) in the United States experience mental illness each year.

Ways to participate in Mental Health Awareness Month:

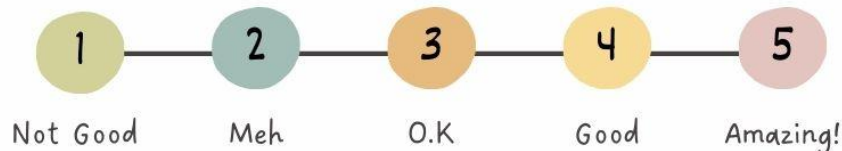
- Spread awareness through communicating with loved ones and expressing your care
- Post messages around mental wellness on your social media accounts
- Check-in with yourself and your wellbeing (see the photo below and take 5 seconds to check-in with yourself today)
- Engage in self-care and promote self-care in your workplaces and with your loved ones
- Attend a local event that is hosted by a mental health agency or organization
- Take time to educate yourself on mental health and the stigmas associated with mental health (like the video below)
- Advocate at the state and national level for increased access to mental health care, furthering insurance coverage, etc.
- Volunteer for a helpline!



This TED Talk was by Heather Sarkis, a Psychiatric Mental Health Nurse Practitioner, as part of the TEDxGainesville titled "Stop the Stigma: Why it's Important to Talk about Mental Health". Her talk provides a unique viewpoint and embraces the immediate need for mental health care. We highly recommend you watch this 9 minute video to honor Mental Health Awareness Month.

TAKE 5 SECONDS AND CHECK-IN WITH YOURSELF:

How are you feeling today?



THEN ASK YOURSELF...

Where do you feel it in your body?

What is something you can do for yourself today?

What is impacting the way you feel?



Our Mental Health Awareness Month Storefront!

In celebration and recognition of May being Mental Health Awareness Month, we put together a storefront of 5 different mental health sayings. The designs are available in adult and youth sizes and you can choose between a t-shirt, V-neck, and a crewneck sweatshirt. The proceeds from the storefront support Relate and will allow us to continue to offer high-quality mental health care to our community.

We appreciate your support and look forward to seeing you in your storefront items in the community!

Use coupon code FREESHIP on orders over \$50 for free shipping!

CELEBRATE Mental Health WITH US! Awareness Month

Scan the QR code
to view all our
storefront
available options.

Add "FREESHIP" for free
shipping on orders over \$50!



www.relatecounseling.byqap.com

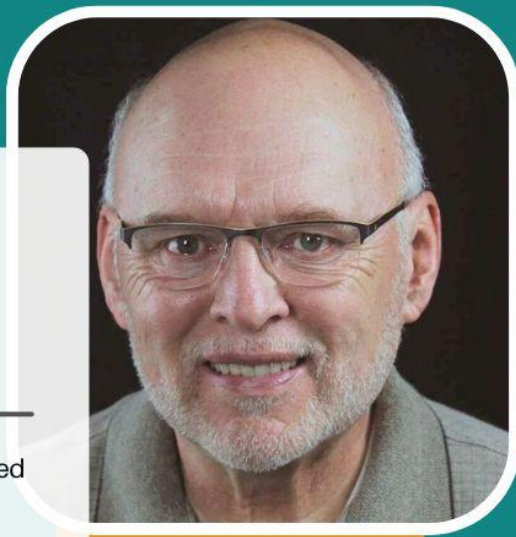
[Click here to see our Mental Health Awareness Month Storefront!](#)

Meet our Staff!

Meet David Prindle! He is an outpatient Clinical Supervisor and Therapist who works in our Minnetonka office. In April, we celebrated 25 years of David being with Relate. We are so grateful for all his contributions over the years. In his work, he provides guidance and consultation to other members of our therapy team and supports his clients through their struggles and celebrates their successes. In his work with clients, he strives to provide a compassionate and nonjudgemental approach and has extensive experience working with anxiety, depression, relationship stress, trauma, family conflict, grief and loss, stage of life transitions, and seniors. Thanks for all you have done and continue to do for Relate, David!

Meet Our Staff:

David Prindle *he/him*



- He is a Clinical Supervisor and Office-Based Therapist.
- He has extensive experience working with anxiety, depression, relationship stress, trauma, family conflict, grief/loss, stage of life transitions, and seniors
- **Fun fact:** He likes outdoor activities and enjoys bike riding!



Mental Health Awareness Month is a great time to get started with therapy!

Our office-based services have immediate **daytime** openings for in-person or telehealth services for all ages! If you know someone who could benefit from our support, they can use [this link](#) to submit an appointment request, scan the QR code in the image below, or call us at 952-932-7277.

Relate: *To make or show a connection between; identify with.*



Teens benefit from strong relationships. Reconnect with your teens through family therapy.



Relate has immediate daytime therapy openings.



Please visit www.relatemn.org or scan the QR code to request an appointment today!



[Click here to request an appointment!](#)

[Click here to make a referral!](#)

Let's connect!

@relatecounselingcenter

Click the icons below to follow us on our social media accounts for more information and tools!



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