

# PRESS RELEASE

## This May is Mental Health Month

*Fitness #4Mind4Body* Theme Highlights Importance of Physical Health in Achieving Balanced Mental Health

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[CITY, STATE] (DATE)—When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally. That is why this year's theme for *May is Mental Health Month – Fitness #4Mind4Body* – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

*May is Mental Health Month* was started 69 years ago by [AFFILIATE's] national organization, Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone. Last year, Mental Health Month materials were seen and used by over 230 million people, with more than 10,000 entities downloading MHA's tool kit.

This *May is Mental Health Month*, we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

"It is important to really look at your overall health, both physically and mentally, to achieve wellness," said [NAME] [TITLE] of [AFFILIATE]. "Getting the appropriate amount of exercise, eating healthy foods that can impact your gut health, getting enough sleep and reducing stress – it's all about finding the right balance to benefit both the mind and body."

MHA has developed a series of fact sheets (available at [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)) on the importance of exercise, diet and nutrition, gut health, sleep, and stress management. Also new this year is the **#4Mind4Body Challenge**, where we call on everyone to join us in completing a small task each day during the month of May – and tell us about it on social media using #4Mind4Body. Learn more here: [www.mentalhealthamerica.net/challenge](http://www.mentalhealthamerica.net/challenge).

"We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes," concluded [NAME]. "By looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your *Fitness #4Mind4Body*."

For more information on *May is Mental Health Month*, visit Mental Health America's website at [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may).

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