

Mississippi Delta of Excellence in Maternal Health

MAY 2026

Mental Health Awareness Month

**MINDFUL TODAY,
 STRONGER TOMORROW.**

Mental health is essential to our overall well-being. Let's break the stigma, support one another, and build a healthier, more compassionate community.



WAYS TO CARE FOR YOUR MENTAL HEALTH



TAKE CARE OF YOUR MIND

Practice mindfulness, relaxation, and activities that bring you joy.



CONNECT WITH OTHERS

Reach out, listen, and build supportive relationships.



BE KIND TO YOURSELF

It's okay to not be okay. Give yourself grace and time.



STAY ACTIVE

Movement boosts mood. Find an activity you enjoy!



ASK FOR HELP

You are not alone. Support is available, and it makes a difference.



Together, **WE CAN CREATE A WORLD WHERE MENTAL HEALTH MATTERS FOR ALL.**



Supporting Black mothers and families through every stage of the postpartum journey.



MENTAL HEALTH IS HEALTH.
Let's prioritize it.



Learn more about mental health resources.



Attend events and activities in your community.



Support others and spread kindness.

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