



## May is Mental Health Awareness Month

# Caring for mental health at every life stage

Whether you are learning to express emotions, gaining independence, balancing responsibilities or staying socially engaged, prioritizing mental health looks different at every stage.

**Childhood (0 – 12):** Build emotional security through strong caregiver relationships and predictable routines.

**Adolescence and young adulthood (13 – 25):** Develop identity, manage stress and strengthen social connections.

**Adulthood (26 – 64):** Set boundaries, balance responsibilities and prioritize self-care.

**Older adulthood (65+):** Stay socially engaged, maintain cognitive health and find purpose.

Remember: It is never too early or too late to invest in your mental health. Support is available whenever you need it.



Scan the QR code to visit your member website for more information.