

MAY 1ST - 31ST

MENTAL HEALTH AWARENESS MONTH

ABOUT PSYCH HUB

The World's Largest Mental Health Education Platform

Psych Hub was developed to help people overcome mental health challenges through multimedia education for every learning style. Psych Hub's robust library of over 1,000 proprietary educational assets includes courses, videos, podcasts, and written & shareable content.

The 2022 Mental Health Awareness Month Challenge



GOAL

Join us for a month of awareness and action to support positive mental health, increase literacy, and help reduce stigma.

BENEFITS

We will be sharing a variety of activities, tools, and resources to support yourself and others on mental health education.

RESOURCES

We will be providing a toolkit that includes a calendar of activities, shareable graphics, and other content such as podcasts and videos to be shared within your organization and community.

ARE YOU READY TO JOIN US?

Take the pledge, and promote mental health awareness!

[ACCESS TOOLKIT](#)