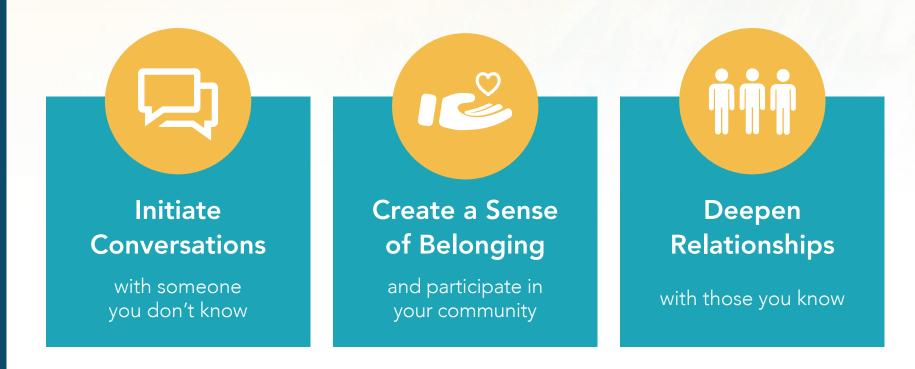# Mental Health is Health

Celebrate Mental Health Awareness Month in May with Beach Cities Health District!

Loneliness affects our physical and mental health. It's associated with heart disease, dementia, stroke, depression, anxiety and premature death. It's become so common — affecting at least half of all adults in the United States — that the U.S. Surgeon General considers it an urgent public health concern.

Take action to combat loneliness and foster meaningful social connections to better your mental health:

Initiate Conversations

with someone you don't know

Create a Sense of Belonging

and participate in your community

Deepen Relationships

with those you know

Visit **bchd.org/mentalhealthawareness** for the calendar of community events, resources and healthy living tips. Follow and tag us on social media to support **#BeachCitiesMentalHealth.**

BCHD **Beach Cities Health District**
A Public Agency

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