Mental Health Awareness Month is observed in May and began in the United States in 1949 as a time dedicated to raising awareness about mental health issues, reducing stigma, and encouraging support for mental health care. The month serves as a reminder that mental health is just as important as physical health and that seeking help and support for mental health concerns should be normalized. It's a time to share stories, offer support, and advocate for policies that support those with mental health conditions and their families.