

May 2025

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May is Mental Health Awareness Month



Mental Health Awareness Month serves as a crucial reminder of the importance of mental well-being, and extension services play a vital role in supporting this cause through their diverse programs. The 4-H programs, traditionally focused on youth development, can incorporate mental health education by teaching young people stress management techniques and promoting emotional resilience. Family and Consumer Science can offer workshops and resources aimed at helping families create supportive home environments, manage stress effectively, and recognize signs of mental health issues. Additionally, Agriculture and Natural Resources programs can address the unique mental health challenges faced by farmers and rural communities by providing access to mental health resources, facilitating peer support networks, and promoting work-life balance. By leveraging these programs, extension services can make a significant impact in raising awareness and providing support for mental health within communities, ensuring that individuals and families have the tools they need to thrive.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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