

## **Mental Health Awareness Month 2026 Sources**

“Mental Health Month 2026.” *Mental Health America*. Accessed 5 May 2026. ([online](#))

“Quick Mental Health Facts and Statistics.” *Mental Health America*. Accessed 5 May 2026. ([online](#))

“The State of Mental Health in America.” *Mental Health America*. 2025. ([online](#))

“About Mental Health.” *United States Center for Disease Control and Prevention*. Accessed 5 May 2026. ([online](#))