

We believe that mental health is health.



LIGHT UP GREEN

May is Mental Health Awareness Month. Across the country, Mental Health America is asking buildings and landmarks to raise awareness by *lighting up green* (the color for Mental Health Awareness), from May 13th-19th. This year, the Mental Health Association of Maryland and the Maryland Department of Health's Office of Suicide Prevention are working together to grow this movement here in Maryland so we can collectively say—**Maryland believes that mental health is health.**

We need to do more to protect mental health and ensure equitable access to care for all Marylanders. Let's rally together and show our commitment to the wellbeing of all Marylanders by lighting our skyline in green. We're stronger together! To sign up, go to mhamd.org/yes-to-green.

Are you with us? [Say yes!](#)

