

March *is*

Disability Awareness
Month



This Developmental Disability Awareness Month, we want to provide you or a loved one with a few resources for mental health care!



1 Know that you are not alone.

Whether a physical or mobility, cognitive, or sensory handicap, 1 in 4 Americans with disabilities have an unmet healthcare need because of the cost ([source](#)). If you are interested in free mental health resources or discounted mental health care, check out our [website's resources](#):

2 Find the right mental health care team for you.

Everyone's disability affects them differently, so the care will need to be unique to each person. To learn more about how the community can help, here's a list of practical questions to ask, from the [NAMI's website](#).



3 Create a Healthy Personal Life

It is essential to be physically active every day to live a long and happy life. It is also important to eat healthy foods in healthy portions. To learn more about creating healthy habits, and to treat substance abuse issues, visit the CDC [webpage](#) about Disability and Healthy Living.

