

## May is mental health awareness month

North Bend Eagle  
North Bend, Nebraska, US

Wednesday, May 3, 2023  
Page 2, Section: SPORTS  
300 words, 30in<sup>2</sup> in size  
1,000 circulation



### □ Kim Foundation

# May is mental health awareness month

OMAHA, Neb. — May is Mental Health Awareness month, a time for everyone to check in with themselves, their loved ones and their community.

The Kim Foundation, which ensures that every Nebraskan has access to resources and tools that support mental health and save lives, is promoting resources and hosting events this month designed to empower people to check in on their own mental health and the mental health of others, spark conversations about mental health and suicide prevention and reduce stigmas about these topics.

“Mental health and suicide are topics many people don’t learn much about until they’re directly affected, but we know that everyone is likely to experience a mental health issue or know someone affected in their lifetime,” said Julia Hebenstreit, executive director of The Kim Foundation. “As our communi-

ty emphasizes the importance of mental health this month, it’s a perfect time to form a regular habit of checking in with your loved ones, your community — and yourself.”

The Kim Foundation is encouraging the community to participate in a “check-in challenge” with daily prompts that people can use to form a habit of care, such as journaling, going for a walk or practicing gratitude.

Each week of the month will ask participants to reflect on different areas of their life: personal, professional, friends and family, their neighborhood and their community.

People who regularly reflect on their own mental health are more likely to engage with mental health issues and resources on a broader scale. By offering daily prompts, The Kim Foundation is equipping people with tools to take small, achievable steps while increasing community wide consciousness

about the importance of mental health and connecting individuals to the resources available to them, their families and their peers.

Disc...