



Campaign overview

One in five Americans experiences a mental health concern every year, according to the latest data from the National Alliance on Mental Illness (NAMI). Impaired emotional wellbeing can affect personal health, relationships and finances, as well as performance, dependability and team dynamics at work.

CuraLinc Healthcare delivers our annual anti-stigma campaign to help your organization focus on normalizing the need for mental health resources and remove barriers for those who want to access care. The release of these materials coincides with Mental Health Awareness Month in May. However, all content is evergreen and is appropriate to use at any time.

This year's 1in5 Campaign features a robust toolkit of materials designed to conquer the challenges associated with talking about mental health and equip individuals with tools and information to advocate for themselves and others. Visit the 1in5 website at www.1in5.info to explore various helpful resources, including flash courses, educational tip sheets, a mental health self-assessment, external links to podcasts and more.



www.1in5.info

