

A hand holding a green awareness ribbon against a dark wood background. The ribbon is looped around the hand and extends across the image.

May is

MENTAL HEALTH AWARENESS MONTH

Mental Health:

- Essential to everyone's overall health and well-being
- Concerns are common and treatable

NDSCS Counseling Services is here to help.

If you have questions or to meet with a counselor call:
WAHPETON 701-671-2286 or NDSCS-FARGO 701-671-2784
Visit [NDSCS.edu/Counseling](https://www.ndscs.edu/Counseling) for more information.

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