



According to the 2025 FDRHPO Community Health Survey, approximately 1 in 4 (25%) of North Country residents reported being diagnosed with a behavioral health condition.



# MENTAL HEALTH AWARENESS MONTH

Mental health is essential for overall well-being at every stage of life. Regardless of age, background, or experience, prioritizing mental health strengthens individuals, families, and communities.

**Call your primary care provider or reach out to the mobile crisis line by texting #988 if you are in need of support.**

