

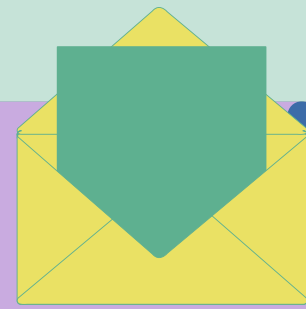


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**LABS**

# Newsletter

[WWW.LUZIOASSOCIATES.COM](http://WWW.LUZIOASSOCIATES.COM)



## WE'RE HERE TO HELP WHEN YOU NEED IT MOST!

If you are interested in booking with one of our mental health professionals, please contact us to schedule an appointment. We are happy to assist!

### *Contact us!*

**Luzio & Associates  
Behavioral  
Services**

4411 Washington  
Ave Ste 300  
Evansville, IN

812-479-1916  
\*our phones are  
answered 24/7!

## MENTAL HEALTH AWARENESS MONTH!

Mental health is still health—it influences how we think, feel, connect with others, and navigate daily life. Just like physical health, it deserves attention, care, and support, even when there isn't an obvious crisis. Prioritizing mental well-being isn't a sign of weakness or failure; it's a proactive step toward overall wellness.

Caring for your mental health is not optional or secondary—it's an essential part of taking care of yourself as a whole person. Seeking support, building coping skills, and allowing yourself rest are all valid and important ways to care for your mental health.



## MONTHLY SELF-CARE TIP:

**Tip:** Treat mental health check-ins like physical ones—schedule regular moments to notice stress, mood, and needs before they become overwhelming.

