

PANJ RECOGNIZES

MENTAL  
HEALTH



*Awareness Month*

At the PANJ, we are committed to ending the stigma around mental health, raising awareness, and creating meaningful change, including in our workplace. Remember, you are not alone.

If you, a fellow PANJ member, or family member is struggling with mental health issues, please reach out for confidential assistance to our PANJ partner, FHE Health for help (866) 276-1610 or [FHEHealth.com](http://FHEHealth.com)

**PANJ**

