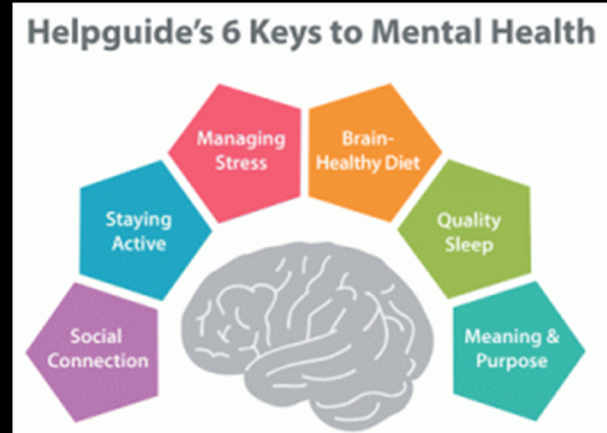




May is Mental Health Awareness Month!

Matrix wants to be a part of fighting the stigma on mental health and support our fellow gamers on being mentally healthy, especially during COVID-19. Mental health can take a toll on our emotional and physical wellbeing which impacts all areas of our lives. It is important to raise awareness and understand ways to practice healthy coping strategies. The National Alliance on Mental Illness (NAMI) reports that “1 in 5 U.S. adults experience mental illness each year” and “50% of all lifetime mental illness begins by age 14, and 75% by age 24” (<https://www.nami.org/mhstats>).



While gaming can provide many positive benefits to our well-being, it is also important to implement positive coping strategies in your everyday lives. We recommend to:

- Take breaks in order be active at least 30 minutes each day
- Eat healthy, well-balanced meals
- Get enough sleep
- Unplug from devices at least 1 hour before bed
- Stay hydrated by keeping water by you while gaming
- Make an effort to spend time with others

Matrix wants to help in encouraging gamers to have a better understanding of mental health and fight the stigma together!

Be aware of signs and symptoms that may indicate mental health issues within yourself and others. Reach out to a family member or friend if you need help.

Some resources include:

- Crisis Text Line Text “HELLO” to 741741
- The National Suicide Prevention Lifeline 800-273-TALK (8255) or call 911 immediately.