

May

MENTAL HEALTH AWARENESS MONTH



Why is this important?

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Anxiety disorders are among the most common mental illnesses in America. Anxiety is one of many mental health conditions, and 46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

What individuals can do :



Whether you are dealing with stress, a divorce or a natural disaster, it's important to learn what's affecting your health. [Taking a screening](#) is one of the easiest ways to determine whether you are experiencing symptoms of a mental health or substance use condition.



Make time for things that you enjoy. Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing – it will release chemical messengers in your body that are good for your physical and mental health.



Find someone you trust to talk about how you are feeling. And remember that if you really need someone to just listen rather than share their experiences, it's okay to tell them that.



Take advantage of resources available through the Employee Assistance Program (EAP) offered by your employer.

Sources: Mental Health America. <https://www.mhanational.org/mental-health-month>
National Institute of Mental Health. <https://www.nimh.nih.gov/index.shtml>
National Alliance on Mental Illness. <https://www.nami.org/home>