NATIONAL MENTAL HEALTH AWARENESS MONTH

National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the general public.

Each year Mental Health America, National Alliance on Mental Illness, and other mental health organizations across the country organize events, webinars, and more to improve mental health access across the country.

Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly.

However, that doesn’t mean there isn’t still work to do, however. As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one’s social, emotional, and psychological well-being.

Mental health affects thoughts, feelings, and actions. When one has positive mental health, they are better equipped to handle stress, be more productive, and realize their full potential.

While we focus on our physical wellbeing, the food we eat, exercise, and getting regular check-ups for vision and dental care, we often forget to take stock of our emotional and spiritual needs. Everyday demands take their toll.

HOW TO OBSERVE #MentalHealthAwarenessMonth
Share the message. Taking care of our mental health is as normal as eating healthy, exercising, or even saving for the future. Share your story to help others understand that achieving mental health is a daily process.
If you or someone you know needs to seek assistance check out one of these resources: