

MENTAL HEALTH MOMENT MAY IS MENTAL HEALTH MONTH

**May is Mental Health Awareness month
Here are ways you can make a difference!**

RECOGNIZE WHAT MENTAL HEALTH STIGMA IS

Stigma is how someone, or even yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else or within themselves. When stigma comes from within it can cause confusion leading us to think we are **being bad** simply for **feeling bad**.

BE AN ALLY

Here are simple ways to be an ally of mental health during the month of May. **Reshare posts** supporting mental health on your social media. **Tell your story** in ways that match your comfort level. For some it is private 1:1 conversation with peers. For others it might be speaking to a group or a social media post. **Talk** about self-care you do for yourself.

HELP NORMALIZE MENTAL HEALTH

We see life events such as grief or loss happen in our environment to others. We may experience others ourselves. When you take time to tend to your mental health, tell others what skills you practice managing your mental health. Many individuals share their tips on dieting and exercise to improve their physical health. Ask yourself? Are there small ways I can talk about mental health to help normalize speaking openly about mental wellness? Take the lead or support others championing mental health.

SEEK HELP TODAY



The best way to overcome stigma is getting the help you need. It's not uncommon for people to struggle days, months & years long before seeking help. If not you, encourage others to seek help if they are struggling.

Set an appointment today!

DID YOU KNOW?

20%

U.S. adults experience mental illness each year

1 in 20

U.S. adults experience **serious** mental illness each year

17%

U.S. youth aged 6-17 experience a mental health disorder each year

19%

of people treated experience the most common issue: anxiety disorders

www.nami.org

Prepaid counseling is available through your **Employee Assistance Program**

To schedule private & confidential counseling sessions:

BOWEN
CENTER



1 800 342 5653



www.bowencenter.org