



MAY IS MENTAL HEALTH AWARENESS MONTH

Learn about mental health, how to seek help if needed, and live a mentally healthy life!

Mental health issues can cause changes in thinking, feelings, behavior, and physical activity, but it can be difficult to tell if you or your loved ones are affected by a mental health condition. Without seeking help, mental health issues could potentially impact careers, families, social interactions, and your overall wellbeing.

Symptoms and signs of mental health conditions can include:

- Feeling very sad or nervous.
- Muscle tension and weakness.
- Headaches or other physical pain.
- Irritability, anger, or "short temper".
- Decreased energy, motivation, or interests.
- Problems functioning at home, work, or school.
- Problems with attention, concentration, or memory.

- Changes in sleep, appetite, weight, or intimate activities.
- Feelings of guilt, worthlessness, helplessness, or hopelessness.
- Unhealthy behaviors (misusing drugs, alcohol, food, or excessive spending to cope with stress).

What can you do?

The most important thing: talk with your primary care or mental health provider when anything is bothering you, or if you are having any problems. Your health care team is there to help you figure out what's going on and what to do about it.

If you or a loved one are experiencing any mental health disorder symptoms, reach out! By knowing the risks and taking steps to get help, we can come closer to living mentally-healthy lives!

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Mental Health FAST FACTS

20.6% of U.S. Adults experienced mental illness in 2019

1 in 5 U.S. Adults experience mental illness each year, but less than half get treatment

16.5% of U.S. Youth aged 6–17 experienced a mental health disorder in 2016

50% of all lifetime mental illness begins by age 14

Suicide is the 2nd leading cause of death among people aged 10 – 34

