## May: Mental Health Awareness Month 2023

Mental Health Awareness Month is celebrated every year in May. It was established by the Mental Health America organization in 1949 to educate the public about mental health and mental illness, raise awareness surrounding research and treatments, reduce the stigma associated with mental illness, and to celebrate recovery from mental illness. It is a time to remember that your mental health is essential to your overall health.

The term "mental health" refers to emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health awareness is important at every stage of life, from childhood and adolescence through adulthood.

Millions of adults and children across America experience challenging mental health conditions such as generalized or acute anxiety or depression, bipolar disorder, or post-traumatic stress disorder to name a few. While it may not be possible to prevent all mental health problems, there are some things you can do to help reduce your risk of developing mental health problems. Here are some tips:

- **Practice relaxation techniques, such as deep breathing and meditation, to help keep stress at a manageable level.**
- **Keep a healthy balance between work and your social life.**
- **Go for healthy meals and avoid alcohol and other psychoactive agents or drugs.**
- **Exercise regularly.**
- **Work on your self-worth, self care, and personal value.**

If someone you know is struggling with their mental health, there are many ways you can support them:

- **Listen without judgment,**
- **Encourage them to seek professional help,**
- **Educate yourself about their condition,**
- **Offer practical help, but avoid making assumptions or giving unsolicited advice, and**
- **Be patient and understanding.**

**For More Information visit:**
- American Psychological Association
- Mental Health America
- National Alliance on Mental Illness
- National Institute of Mental Health
- SAMHSA - Substance Abuse and Mental Health Services Administration