

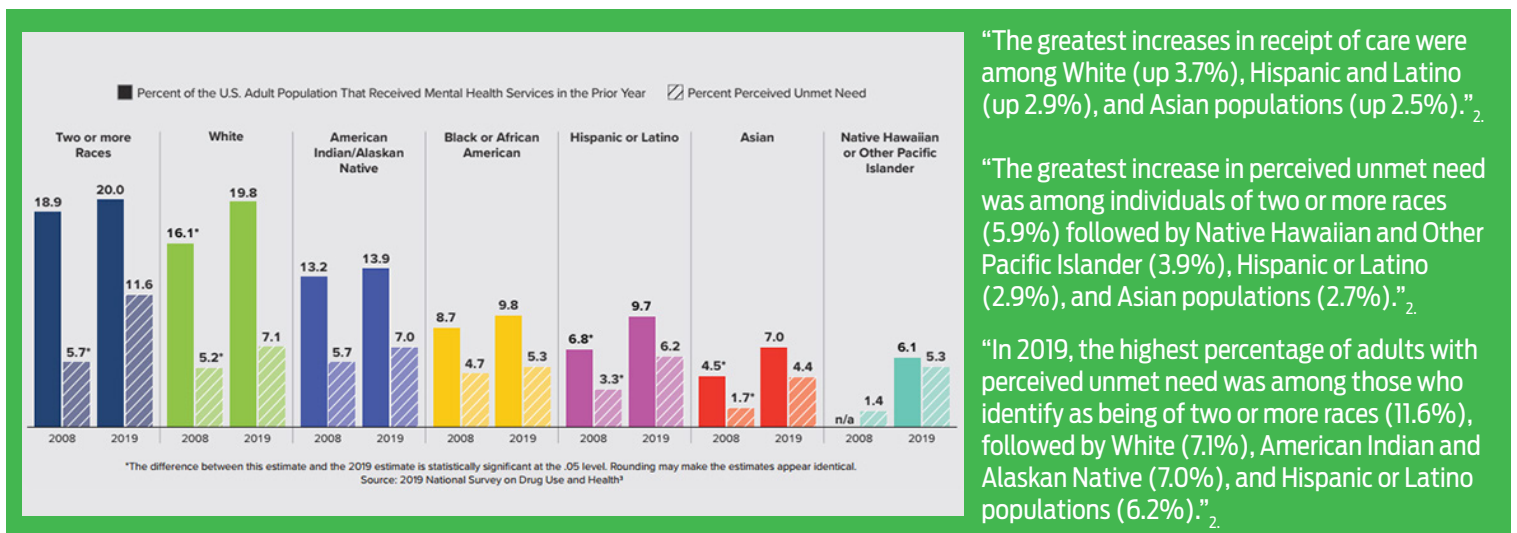
May is Mental Health Awareness Month

Mental Health Awareness Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental Health Awareness Month is celebrated in the U.S., a more universal day is also celebrated on October 10th, and it is known as World Mental Health Day.



For 2022, the National Alliance on Mental Illness (NAMI) campaign is “*Together for Mental Health.*” “Throughout this pandemic, we have faced isolation, turmoil and unrest, and a growing number of Americans experienced mental health symptoms. We’ve learned through this experience that we all struggle during challenging times and need support and access to care so we can thrive.”¹ With their campaign, NAMI is emphasizing what we have all experienced — that mental health is an incredibly important part of overall health. With this message, they are encouraging people to join together to advocate for better mental health care.¹

“From 2008 through 2019, the percentage of U.S. adults who received mental health services in the prior year trended upward for all racial and ethnic groups. Despite upward trends in the receipt of mental health services, the percentage of adults with perceived unmet need (a self-reported value) for mental health services also trended upward across all racial and ethnic groups.”²



Do you need to talk to someone?
 Contact your Local ESSP Representative or the following CDRs for resources:
 Hourly - Beacon Health: 800-227-9622; HMSA: 800-550-7200
 Salaried - Total Health-Management Systems of America (HMSA): 888-667-6603

You can call 1-800-273-TALK (8255) to reach the National Suicide Prevention Lifeline, or text 'MHA' to 741741 at the Crisis Text Line. This text line will provide a list of resources for support.

Visit the following websites for more information:
 Mental Health America: <https://mhanational.org/get-involved/contact-us>
 Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/talk-to-someone-now/>

Sources: 1. <https://nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
 2. & Bar Graph: <https://www.apa.org/monitor/2021/04/datapoint-mental>
 3. <https://nationaltoday.com/mental-health-awareness-month/>
 4. <https://youth.gov/feature-article/may-national-mental-health-month>
 Photo Sources: Ribbon: <http://www.redbubble.com/people/captaineuglen>
 Mental Health: <https://wellbeing.gmu.edu/> RMD/OPEIU512AFCLCIO

